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FEATURES

32 THE LION'S SHARE

Wayne Parr and Cosmo Alexandre III

We look forward to the long-awaited rubber match between Parr and Cosmo Alexandre. This time the stage is set at America's largest Muay Thai event, Lion Fight 25, on 23 October.

40 SCOTT KENT

The Lion Fight Founder

Lion Fight is currently the leading Muay Thai promotion in the US with a talented roster of fighters including Tiffany van Soest, Kevin Ross, Yodsanklai Fairtex and Jorina Baars. The promotion has been a happy hunting ground for Aussie legend Caley Reece in the past and later this year, fellow living legend 'John' Wayne Parr hopes to emulate that success. We spoke to the Lion Fight CEO about Parr's upcoming rematch with Cosmo Alexandre and his promotion's growing popularity in America.

44 JORINA BAARS

Set to Defend Lion Fight Title

Dutch female superstar Jorina Baars is set to defend her Lion Fight World title against Czech Republic star Martina Jindrova on Lion Fight 25. The female welterweights will be the co-main event to Australia's very own John Wayne Parr, who is headlining the event as he faces off with Cosmo Alexandre.

50 TOP 5

Kickboxers that jumped to MMA II

Many kickboxers have attempted to make the jump over the fence to the seemingly greener grass of MMA; however, not all make as big a splash as they do in their native sports.

76 POWERPLAY 27

Alexandros Milos

It all kicked off on Saturday 22 August, when Greece's Alexandros Milos came to Melbourne to take on Maseh Nuristani. With a head full of problems plaguing him leading up to the fight, Milos showed true character in battle.

82 THAIS DOWN UNDER

Part III

We profile some of the best fighters-turned-trainers Australia has imported from Thailand.

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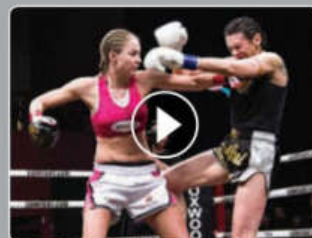
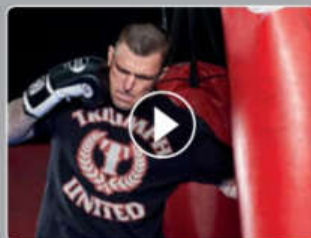


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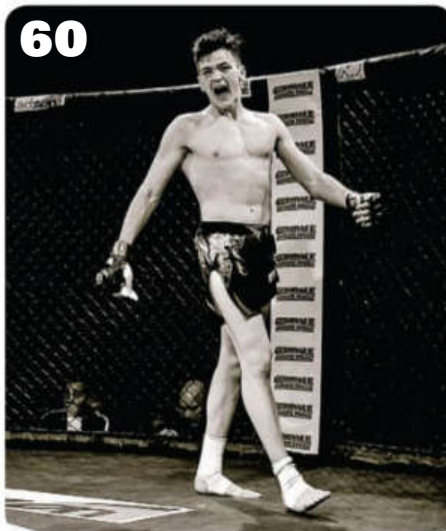
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PUBLISHER'S LETTER with Silvio Morelli

We are LIVE!

For the last few issues I have been telling readers about the exciting new project we've been working on for a while here at Blitz Publications: the launch of the *Fight Live TV* — the most unique destination for all things fight sports in the world.

Well, I am proud to say that *Fight Live TV* is...LIVE!

Everyone I talk to, whether it be promoter, fighter or just your humble fight fan, is as excited to see this happen as I am. And it has been nothing but full-steam ahead on the project since last issue.

As I write this, we are in the middle of launching and things could not be going better for our new global platform.

Straight off the bat we have loads of content from Bellator, Glory, Lion Fight, RFA, Rebel FC and all of our amazing local promoters like Powerplay, CMT, Epic, Hex, Ultimate Promotions, AFC, Fight Force and many, many more. And it's all sitting there for you to watch FREE! Log in now to FightLiveTV.com and check out all the greatest fights from the past and present.

But it's not just fights we'll be serving up. You'll be getting full backstage access, training videos from the pros themselves, highlight reels of all the best action, exclusive fighter and trainer interviews from around the world, all the latest news and events, huge photo galleries of all your favourite fighters, ring girls, special podcasts and loads of competitions and giveaways — and that's just a small taste of what's on offer!

Now, thanks to Fight Live TV, you will be able to watch all these events from around the world on any device — desktop, any mobile phone or tablet, as well as your smart TV.

But, best of all, our Australian fighters and promoters will now have unprecedented exposure to major viewership in the US, Europe and Asia.

With all that being said, I hope you enjoy this new issue of *IK* mag.

And Australia's leading Muay Thai man in the fighting business, 'John' Wayne Parr, lends himself to the cover for the fifteenth time! His first appearance on the front goes back to 1998.

Wayne (and his opponent Cosmo) both weigh-in on their huge upcoming fight in the US on Lion Fight 25. And guess what? For the first time ever, Australians can watch this live! That's right, LIVE. Another reason to check out *Fight Live TV*.

Enjoy and stay tuned. **IK**

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FLYING HIGH

Tum 'Hollywood' Sityodtong gets sky high again against Sam 'Shank' Hill.

PHOTO BY WILLIAM LUU









BOBBING AND WEAVING

Tiffany van Soest dodges a high kick from Martyna Krol at Lion Fight 23 on 1 August 2015. Van Soest went on to win via decision and kept her featherweight championship belt.

PHOTO BY LANCE EMERY

WIN!



The ultimate Muay Thai training trip to Thailand!

International Kickboxer magazine, **Book Martial Arts** and **Tiger Muay Thai** are offering readers the chance to win a trip for 2 people to **Thailand** to stay and train for two weeks at the famous Tiger Muay Thai training camp in beautiful **Phuket**.

All flights, accommodation, transfers, meals and even fight gear (Muay Thai shorts, t-shirt, gloves and mouth guard) are included.





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BORN TO FIGHT

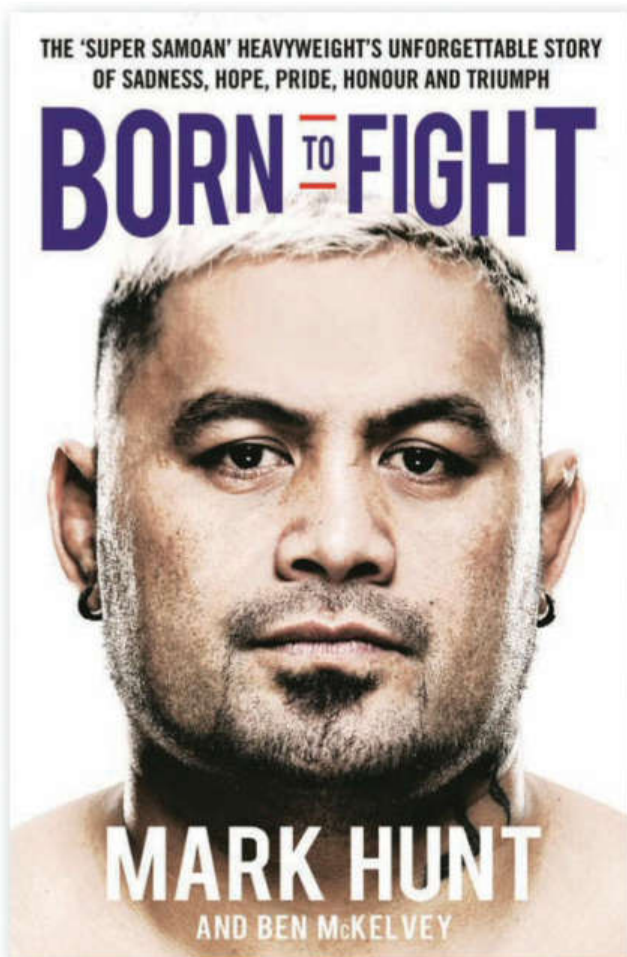
Mark Hunt's new book, *Born To Fight*, is due to hit the shelves on 29 September this year.

It is said to be a powerful story of sadness, hope, pride, honour and triumph from the real-life Rocky!

"Raw, confronting and honest, UFC champion Mark Hunt's inspiring autobiography shows it is possible to defy the odds and carve a better life," says publisher Hachette. "Born into a Mormon Samoan family, Hunt details his harrowing early life, his troubled teen years, and his angry youth with no apparent future."

After being plucked from an Auckland street fight and dropped into his first kickboxing bout, Hunt went on to achieve unprecedented success in Australian and New Zealand combat sports. In an ongoing career that has spanned the globe, Hunt has been in some of the UFC, Pride and K-1's most memorable battles. But in some ways those fights pale in comparison to that which he has overcome out of the ring and cage.

As fearless with his opinions as he is in the Octagon, Hunt pulls no punches in revealing the highs and lows of his extraordinary life.



RETURN OF THE KING

Giorgio Petrosyan, once considered at the top of the kickboxing world, was in action again in September. Petrosyan was the clear number one in the world for years, but has been a bit in limbo since his 2013 loss to Andy Ristie. But he turned in a great performance at Hero Legend in China, defeating Xu Yan. With that, he's 3-0 since the Ristie fight, and looks to have truly regained his form. Let's hope he gets back to Glory soon for the big fights.

Reports are surfacing that the former pound-for-pound king and Glory tournament champion may be headed back to the company. He's been linked to a possible Glory 25 show in Monza, Italy on 6 November. None of that is yet confirmed by Glory, so take it as rumour for now, but it's a pretty big rumour, and one worth watching out for.

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Gearing up for the 2016 Arnold Classic Australia

Preparations for the 2016 Arnold Classic Martial Arts Festival are already underway following the success of this year's inaugural Australian instalment.

The 2016 festival will be held over 18, 19 and 20 March, with plans to add even more martial arts styles to the growing championships.

The exciting art of kudo will join the returning martial arts championships of taekwondo, BJJ, AKF karate, kung fu, MMA, kickboxing, WASO/NAS and kyokushin.

This year saw more than 800 competitors of all ages battle to be crowned the Arnold Classic Champion of their chosen discipline and next year's festival will hopefully see even more sign up to compete.

For more information, tickets and to sign up and compete, visit www.acamultisport.com.au/



Diep Nguyen

IK Forum! Log on to www.kickboxermag.com.au

NATIONAL FIGHT COMPETITION

After round 8 there have been quite a few changes in the NFC Ladder. Still on top of the ladder, we have Lightning Fight Centres coached by Nick Lundh and Gary Peters, followed closely by Nemesis coached by Denis Kelly and Phillip Lai. The other major gyms doing very well in the top 10 include Beast Fight Club coached by John Bowman, Fight Malittia coached by Rudi Ramirez, Excel coached by Ando Williamson, Immersion Muay Thai coached by Keith Grant, with Corowa Combat Sports coached by Adam McKinna just outside the top 10. November 14 will be the last event for 2015 to determine the top spot.

The 22 August NFC Amateur series event saw 44 bouts with fighters from all over the state competing in Lilydale, which saw the following results:

Adam Killeen from Lightning Fight Centres defeated Adam McKinna from Corowa Combat Sports on a close decision to win the North East Regional Light-heavyweight boxing title.

Seth Tuhega from Hammerhead defeated Jake Henry from Traralgon

Boxing Club by TKO for the Junior Eastern Regional Heavyweight boxing title.

Dylan Stone from Corowa Combat Sports defeated Mick Hanify from Beast Fight Club with a first round TKO.

Fight of the Night saw Frank Masofa from Sting Gym defeat, on close points, Greg Halden from Griffiths Boxing Club. The Main Event had Shane Hasler from Wadonga



Chase Haley and team with champion Seth Tuhega

Courtesy of Steve Green



Bentley Shefford with Trainer Nick Lundh

Courtesy of Nick Lundh

win by unanimous points against Akush Hooda from Fighters Factory to gain the North Eastern Regional Super Middleweight boxing title to add to his Victorian and Australian boxing titles.

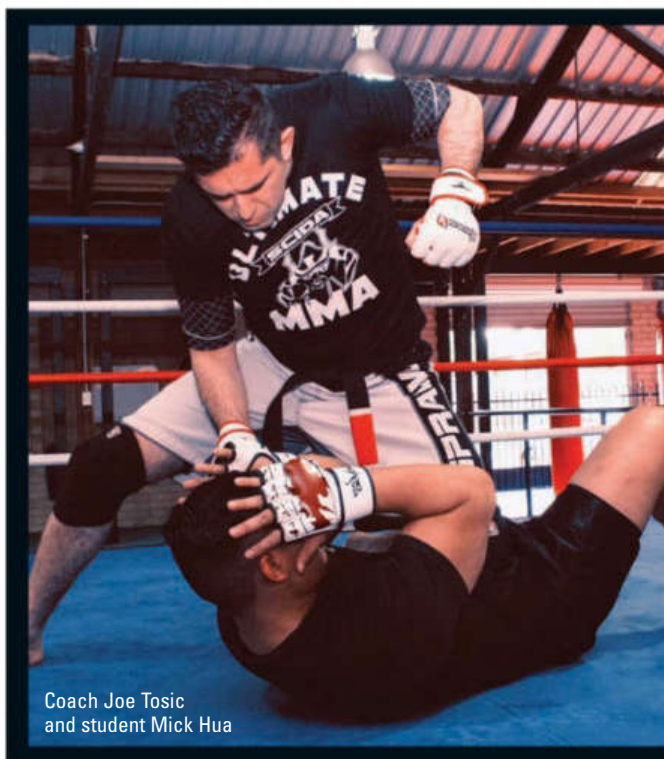
The next big professional event will be Fight Night #52, which will be held on 10 October in Lilydale which will see the return of Bentley Shefford defending his Asia Pacific Muay Thai title in his preferred rules.

On the same card there are several International Muay Thai title bouts that will feature Excel's Kelly Chan and Tommy Baker, coached by Ando Williamson. The main event will be a WBF Asia Pacific title featuring our own boxer Manny Vlamis as he sets his sights towards a world title.

There will be a huge undercard that will include the return of Josh Greenhalg from Addiction Muay Thai, who will take on Rob Thomson from Lightning Fight Centres.

October 10 and November 14 will be the last two NFC Amateur Fight series for 2015 and will then start back in February 2016.

For further details about the amateur or professional events please check www.fightnightaustralia.com.au or contact Nick Lundh on 0417 516 045



Coach Joe Tasic
and student Mick Hua

Team Ultimate MMA

It is widely accepted that mixed martial arts is one of the fastest growing combat sports in history. MMA integrates the main components of striking, wrestling and grappling. It involves punching, kicking, elbows and knees, takedowns, throws and submissions through joint manipulation and chokes. Essentially, it is a hybrid style of martial arts that incorporates grappling and full-contact striking.

The Team Ultimate MMA program is based on the principles of balance, co-ordination, leverage and body manipulation. Training sessions allow the student to transition from one discipline to another. MMA involves strength and endurance training that can at times test your mental, as well as physical, stamina. At Team Ultimate MMA, our approach to teaching is to develop the students' level of strength and fitness while training in a team environment. As your knowledge and ability improves, so do your levels of self-confidence and self-respect. Team Ultimate MMA offers a comprehensive step-by-step syllabus and highly skilled and experienced coaching staff. www.ultimatepromotions.com.au

Gena Landolt

Joe Schilling to challenge Artem Levin at Glory 24

The much-anticipated rematch between Joe Schilling and Glory Middleweight Champion Artem Levin has been set as the main event for Glory 24 in Denver, US on 9 October.

Schilling is the last man to defeat Levin through a unanimous decision in 2013 at Glory 10. Levin got his revenge last year when the decision fell to him.

Glory Kickboxing CEO said the title fight has everything it needs to be a classic.

"This is a trilogy fight we needed to make happen; the fans demanded it," said Glory CEO Jon Franklin.

"Levin and Schilling both lay claim to being the world's best middleweight and this third fight will definitively show everyone who is right. On top of that, they've split the first two fights and there's no love lost between them, giving us the makings of an instant classic."

Schilling was forced out of the Bellator: DYNAMITE show due to a medical suspension he received from a super-punch by Hisaki Kato in an MMA bout.

In addition to the main event, a four-man contender tournament for a heavyweight title opportunity against Rico Verhoeven has been pencilled in.



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Bruce Macfie

1 What would you be doing if you weren't a fighter?

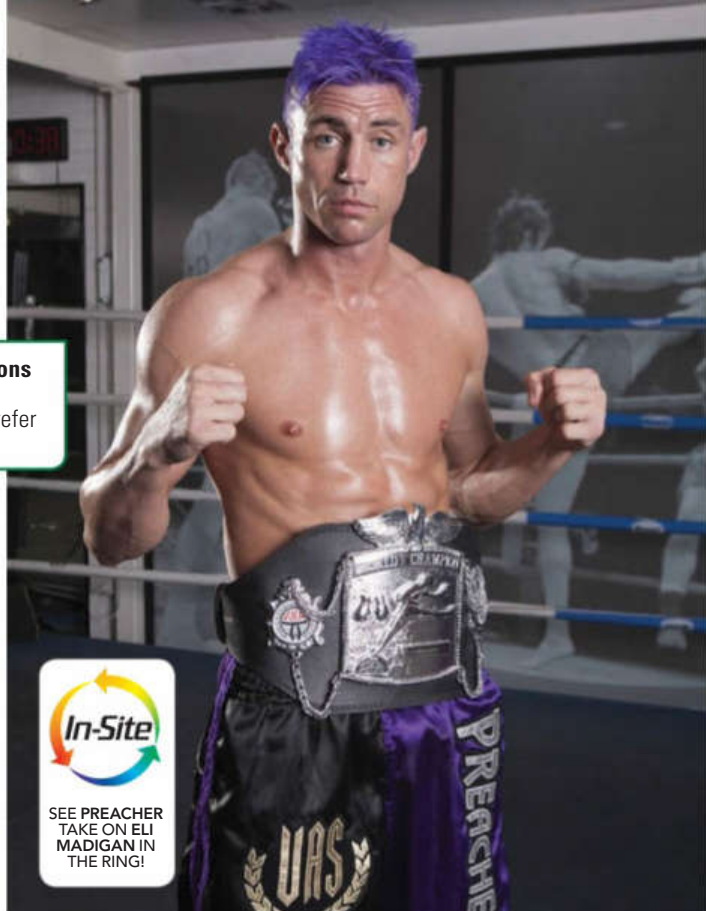
Wanted to be a lawyer when I was at school. Guess I probably would have pursued something in that direction.

2 Do you have any superstitions when fighting?

Not superstitious as such, but I prefer fighting out of the red corner.

3 What is the most embarrassing thing you've done during a promotion/fight night?

Can't say I get embarrassed, but probably the closest was for more other people's concerns when my groin-guard broke during a fight in Japan — I pulled my shorts down in the corner during the break to fix the problem and was suddenly sent out to the change room during the fight to get a new one.



4 What is a surprising fact about you?

What's not?

5 How would someone close to you describe you?

Random.

6 What is one thing you are good at (apart from fighting)?

Sleeping.

7 Favourite fighter?

Nathan 'Carnage' Corbett.

8 Favourite food?

Chick o Babies.

9 Favourite drink?

Chocolate thickshake.

10 Favourite tunes?

Usher.

11 Favourite TV show?

Two and a Half Men.

12 Favourite movie?

Kingdom of Heaven.

13 Dream girl?

Mariah Carey.



15 Dream bout?

Carnage Vs Spong II — and it happened!



14 Dream wheels?

Audi R8.

16 What can't you stand?

Two-faced people.

17 Best fight memory?

Freshest in mind — Preacher vs JWP 3

18 Biggest/best break you ever got?

K-1 Scandinavia, Sweden 2008.

19 In 10 years I'll be...

Still living the dream.

20 What piece of advice would you give to an up-and-coming fighter?

Train hard, listen to your trainer. **IK**

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Thai Scoring System in OZ

All Rounds are Equal

This issue, *IK* mag asked trainers to share their views on whether the Thai scoring system has its place in Australia. That is, should each round of the fight hold equal value, or should certain latter rounds dictate the outcome of the fight, as is the case in Thailand?

BY SYLVIA SCHIAVONI //
IMAGES BY GETTY & ROB COX

DARREN REECE

Riddlers Gym, WA

I know this is a hot topic with a lot of discussion and for very good reason.

In Thailand the scoring is focused on rounds 3 and 4 being the important rounds that need to be won. The winning rounds as we like to call them. Round 1 and 2 are the feel-out rounds that give the fighters a chance to settle in, get the timing and work out a tactic for the opponent. It leads to a clean and

technical fight. It also serves as a time in Thailand for punters to look at the opponents and start to work out their betting odds. Something that is a big part of Muay Thai in Thailand.

Gambling at fights is a legal form of gambling and income for many people in Muay Thai in Thailand. Gambling and income from the fights bring punters and fans to the shows, which helps keep Muay Thai and promotions alive and well in Thailand.



GETTY IMAGES



Buakaw vs Victor



"But we are not in Thailand and we don't gamble" — it is said. Yes, that's true. However, the fact is that it has formed the traditional Muay Thai style of the easy start and feel-out rounds building in intensity as the fight progresses.

We embrace the traditions of Muay Thai. We wear mongkons, prajiats, perform ram muays, fight in the Thai style with Muay Thai techniques and try to score with the same high-scoring techniques, so why shouldn't we score the fights this way to keep ALL the traditions of Muay Thai alive?

We are not doing kickboxing, K1 or MMA. We are doing

Muay Thai. That said, until it changes I won't tell my fighter to start easy and lose the first two rounds to a busy fighter either. We have to fight to the scoring, which is every round is as important as the other, though the Thai-style scoring would be great to keep the traditions of Muay Thai alive!

JOHN SCIDA Ultimate Kickboxing, VIC

Thailand scoring works very well in Thailand. The fighters, the spectators and the judges all understand the system.

In Thailand, the Thais start off very slow, which gives the

punters time to place their bets. The fight is normally decided in the third and fourth round. If the fighter thinks he has won, he will play safe and not engage in the fifth round.

In Melbourne, we have the 10-point system. Ten points is awarded to the winner of the round and nine points to the loser, if it is close. Eight points if the judges think they have been outclassed or there has been a knockdown. Ten points to each if it is a draw.

To say that the first two rounds are not to be scored is not what we here in Melbourne are used to. If a fighter comes out hard the first two rounds

and gets a 10–9 his way and then draws the third round and in the last two rounds the other fighter gets 10–9 his way — it is a draw.

In Thailand, this would not be a draw. The fighter that won the last two rounds would get the decision.

Sometimes in boxing in 10- and 12-round fights the boxers will come out slow in the first few rounds, which are called the feeling out rounds. However, the judges still score every round on its own merit.

Some fighters are slow starters and some are fast starters. Too say the last few rounds of a fight are more

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important than the first few should not be the case.

I believe in Australia all rounds should be scored.

MAT REID

**G.V Martial Arts
& Fitness, VIC**

Scoring in Thailand is publicly subject to something we aren't here — gambling. While there are some small bets throughout the crowd, the spectacle of betting in Thailand is very big, very public and has many issues associated with its involvement in sport.

The main issue is the influence it has on the way a fight is scored. The intricacies in scoring a Muay Thai fight require devoted attention and an extremely good understanding of scoring.

You have to be on top of your game when scoring in Thailand as the possible fallout from a score the crowd does not agree with can adversely affect your health — in Australia officials generally only need to worry about negative Facebook rants.

I have always agreed that scoring in Australia should be the same as Thailand, but the reason it isn't is a multi-faceted issue. Poor understanding of rules and scoring criteria coupled with some differing scoring systems from state to state (round card handed over each round versus at the end of the fight, different sanctioning bodies etc.), some bizarre comments always followed by "That's how it's done in Thailand."

This question has come up so regularly over the past couple of decades that I really do wonder if it will be resolved.

DANNY JONES

Khrop Khrua, NSW

Judging is always a bit of a controversial topic. When it comes to Muay Thai being scoring in Australia, there exists a bigger issue.

Singdam vs Manasak



GETTY IMAGES

Given the history of kickboxing within Australia, particularly in states like NSW and Victoria, there has always been an issue with fights not being scored properly.

A lot of officials back in the day were kickboxing

and boxing judges. So, when the times changed with the inception of Muay Thai, there was and continues to be a serious problem with judges not knowing or understanding the Muay Thai scoring system.

Sanctioning bodies like the WMC brought in courses in efforts to educate officials on how to judge correctly. However, the issue is still prominent.

I am not sure how it is run in Victoria but when there is an

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amateur fight show, it is run by the sanctioning bodies; however, when it's a professional show, the board appoint referees and officials. This is where I believe the problems lie.

The governing bodies appoint officials that have been around for years and have come from a boxing or kickboxing background. So, they tend to score Muay Thai like they are scoring a kickboxing fight.

Now, when you have a pure Muay Thai show like Rebellion, the officials should be Muay Thai judges. The governing bodies need to ensure they are appointing officials who are well trained and understand correct Muay Thai scoring.

Losing decisions due to incompetence is just unacceptable, unfair on the fighter and bad for the sport.

Now in Thailand scoring is

different again. However, this is due to gambling. And gambling has virtually destroyed Muay Thai over there.

I believe in Australia every round should be scored and count towards the overall result. I also believe there should be no draws. The bigger focus should be on appointing well-versed officials on Muay Thai shows.

CHRIS BRADFORD
Top Tier Muay Thai, VIC
I think it should be scored like Thailand, yes.

Let's look at it though from this point of view: we all need to understand what is a high-scoring technique and what is a low scoring technique. This is where I think Thai boxing in Australia suffers. Opinions vary on what scores higher and what scores less. In AFL you kick a football at a section of posts that have a point and a goal value. Each week they are the same value. You don't say, "Oh, today this section scores

a point and this is a goal" and then change them. Thai boxing scoring needs to be consistent and scored just like the Thai way and education on it is a must. We need to understand what the home of the sport expects to see, and what they want to see done to win a fight

I hear you all screaming out, "Oh, but they don't score the first and second round in Thailand, yet we do!" Lets set it straight right here, right now. The fighters in Thailand make the rounds even, not the judges. My mate Soren Monkongtong stated this and made a great point of it online recently. He knows firsthand and has experienced it. They listen to the corners and the gamblers to make sure the heat starts up in the third round and everyone is set and ready for the drama.

We should always strive to keep a sport universal, but let's take the time to understand the key aspects and techniques to the sport and why it is done a certain way. **IK**



Riddlers Gym

Western Australia

What year was the gym established? Where is the gym located?

Established 2003. 19 Main Street, Osborne Park, Perth.

Who are the trainers?

Darren 'The Riddler' Reece, head trainer, 73 fights, 25 years' experience; Chris 'Tiger' White, trainer, 75 fights, 21 years' experience; Caley Reece, trainer, 60 fights, 16 years' experience; Scott Collins, trainer, nine years' experience; Kim Townsend, kids trainer, 25 fights, 12 years' experience; Dan Skinner, trainer, 20 years' experience.

What classes are available?

With 52 classes per week, there is a class and a time for everyone. Muay Thai classes for beginners, intermediates, mixed level, fighters and kids. Early mornings, mid mornings, lunch times and evenings. BJJ classes for all levels and kids. Strength and conditioning classes.

What facilities are available?

720 m² training facility with about 600 m² matted floor space for Muay Thai and BJJ. 110 m² strength and conditioning area plus 100 m² outside. 20 bags, ring, cardio equipment. Full strength and conditioning area setup with rig, bumper plates, kettlebells, dumbbells, sleds, rowers, assault bikes, tyres. Multiple toilets and showers, equipment shop, members lounge and coffee! And a masseuse!

Who are some notable fighters from the gym?

Recently retired 6x World Champion Caley Reece; current trainer Chris 'Tiger' White; former WMC Intercontinental champion Kim 'Kool As' Olsen; Chad Walker; multiple times WMC World Champion Eugene Ekelboom; as well as the new generation champions Lil Kim Townsend, Alicia Pestana, Tyler Hardcastle, Lloyd Dean to name a few.

Where can people find the gym online?

www.riddlersgym.com.au, facebook Riddlers gym

How can people contact the gym?

Contact us via phone
08 92010752,
mobile 0499446534,
email info@riddlersgym.com.au

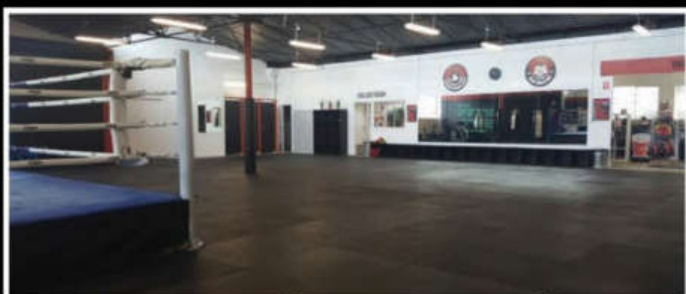
In one sentence, why should people visit the gym?

Riddlers Gym is an awesome place to train, surrounded by awesome, friendly people, where everyone feels a part of a great community and us trainers simply love what we do!

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Unique to the ASOT-01 is its live edge identifier at the three-quarter length of the handle. This characteristic enables the user to quickly identify the position of the single-sided cutting edge by feel. Ergonomic, textured G10 scales enhance the feel for a superior grip, and are equally comfortable in either master or support hand.

Personalised mounting is critical for an instinctive and swift deployment. Therefore the ASOT-01 Kydex® ambidextrous sheath comes with both Tek-Lok™ and Molle-Lok™ mounting

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THE LION'S SHARE





THE LION'S SHARE

'JOHN' WAYNE PARR VS. COSMO ALEXANDRE

BY JARROD BOYLE // PHOTOS BY CHARLIE SURIANO AND LION FIGHT

Muay Thai has grown in the last 30 years to become an international phenomenon. The doors were initially forced open by Dutch fighters such as Ramon Dekkers and Rob Kaman and through that gap came other internationals — the most significant being Australian 'John' Wayne Parr. Now we look forward to the long-awaited rubber match between Parr and Cosmo Alexandre. This time the stage is set at America's largest Muay Thai event, Lion Fight 25, on 24 October.

THE LION'S SHARE

While having proved himself in different leagues of the sport loosely defined as kickboxing, Parr is truly a Thai stylist, forging his indisputable reputation with a series of successes in Thailand. He was twice crowned WMC champion at Lumpinee Stadium, the spiritual home of Muay Thai, as well as winning the coveted S1 tournament crown in Bangkok in 2004.

Parr has promoted Muay Thai through his ongoing success that has come courtesy of a highly exciting, confrontational fighting style. He is also an excellent example of the Western approach as defined by the Dutch in Thailand; a great technical vocabulary of which boxing is the centrepiece. That boxing skill has been defined in its own right over Parr's boxing career with a total of 13 fights for 10 wins, with all of those wins coming by way of knockout.

Cosmo Alexandre is a Brazilian native who has also fought under different rules around the world, but, like Parr, the true platform for his style is Muay Thai. He too has entered, and won, the eight-man S1 tournament in Thailand. Alexandre, one of the tallest men in his division, claims approximately half Parr's fights, but boasts a similar win-to-loss ratio as well as an outstanding MMA record of five and one. He is now a resident of Florida, training out of the famous 'Blackzilians' gym.

Parr and Alexandre meet for the third time on 23 October at Lion Fight 25. Both fighters have won an engagement each, so their third meeting will give the opportunity for them to bring their considerable skills and experience to bear on an opponent that they know far better than most fighters ever do. They do so to contest the currently vacant world title in the Lion Fight organisation.

Pride, of course, will also be a factor.

Both fighters spoke to Jarrod Boyle to make sure that everyone is up to speed.



'JOHN' WAYNE PARR

How is your body?

The last six weeks I've been doing pads morning and night with a friend of mine from New Zealand, Kevin Dick. He came to Australia for a while [some years ago], holding pads for me for 12 to 18 months. He's really good. I told him I was fighting in the US, and because he's getting married on December the fifth, his fiancée said he should go on one last adventure with me, then go home and get married.

My body feels perfect; I feel like I'm 25 still. I do the same amount of

running, I'm hitting as hard and I'm sparring with Jake Lund and Elliot Compton — they come down [to Boonchu] once a week.

You've described your left eye as an electrified spider web since breaking your orbital bone in 2014. How is it going now?

I feel like it's never going to leave me. Every once in a while, I touch my face or take a drink of cold water and it sparks up again. Life has to go on.

You're going back to fighting with 10 ounce gloves for the first time in five months. Do you think it's going to be difficult to transition back from CMT? How is, if at all, the training different for each?

There shouldn't be any dramas at all. I train in gloves every day; it's like putting on undies. I like to joke that I can use chopsticks wearing them. My training for each is exactly the same: Muay Thai, K-1, cage; it's all the same — get fit, be aggressive, try and hurt people.

How did the Lion Fight opportunity come about?

I met Scott Kent when I did a seminar at Randy Couture's gym two or three years ago. He came to meet me, he got some photos and said he wanted me on his show. It's been in the back of my mind since.

I've seen how successful Caley Reece and Michael 'Tomahawk' Thompson have been on the promotion [in terms of] raising their profile. I haven't fought overseas in a while, so I sent him an email asking, 'Who is current champ at 76 kilos?' It turns out that the title is vacant. Cosmo is nearby in Florida — nice and handy — so it made sense to fight him for the current title.

How do you recollect your first fight with Cosmo?

I thought I fought very well. Upstairs, downstairs, using angles, not getting trapped — using the ring to stay out of range. I believe I won almost every round. I captured the WMC World title that night in 2007.

What about the second?

That was a year later at an eight-man tournament. I fought Jason Scerri for my first fight. I tore three inches of muscle from the bone. It didn't break the skin; you couldn't tell looking at it, but felt like I'd broke my shin — I'd blocked on a funny angle. [Afterwards] I went to the change room and put my leg in a bucket of ice for an hour.

My second fight was Cosmo. I checked a leg kick halfway through the first round and it felt like I'd broken it. The crowd started screaming; I felt I had an obligation to continue. I tried

to chase him on one leg and the kick landed on the same spot again. I turned to the ref and said, "I think I'm done — I think my shin is broken." It was a few months of recovery.

What's your game plan for the third?

I'll be super-aggressive. If I let him dictate the fight, then I'm at his mercy. I'm shorter, but I need to push him onto the back foot so he can't set up his jumping knees or hard elbows. He's about four inches taller than me. He's one of the tallest blokes I've fought.

He fought just last weekend at 71 kilos; this one is at 76. He put a message on Facebook thanking me for the higher weight class. I can't cut 12 to 14 kilos [before a fight] anymore. The doctor told me I was doing irreversible damage to my liver and I was taking years off my life every time I did it. Besides, you're not enjoying training with no energy and constantly thinking about what you're putting into your mouth.

What's your opinion of Cosmo as a fighter?

Very talented. He's done exceptionally well; he's a household name around the world. A win over him should help lift me up into the top five again, I believe.

Will you see Joe Rogan when you're in Vegas?

My fight is in Temecula, near San Diego. Joe Rogan doesn't live far away. I'm not sure if he will go, though. If the opportunity to go on his podcast pops up again, I'm definitely not going to say no. Last time I was on, at the end of the podcast he said, "Let's do this again,

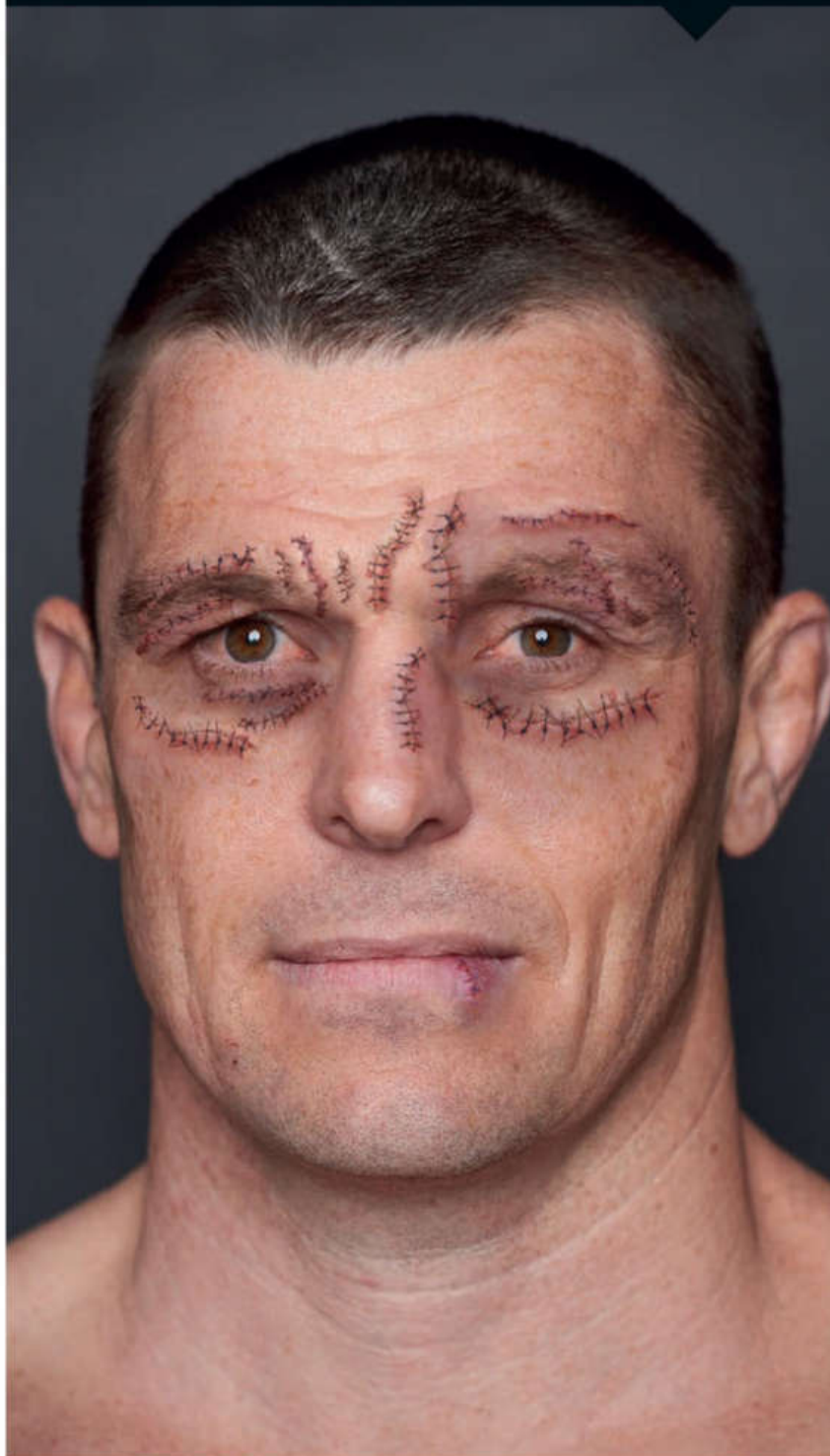
MY TRAINING FOR EACH IS EXACTLY THE SAME: MUAY THAI, K-1, CAGE; IT'S ALL THE SAME — GET FIT, BE AGGRESSIVE, TRY AND HURT PEOPLE.



PARR'S SCARS

'John' Wayne Parr has taken a few shots in his long and celebrated career. But in the fight business, there are a lot of shots to be taken, and Parr has managed to get more than 300 stitches sewn into his head over the years.

For a hard dose of reality, here we get a sneak peak at what it would look like if he had them all at once. Check out *FightLiveTV.com* for the full story.



man." So, I hope that invitation is still open.

Do you like Vegas? What's it like to stay there? Will the kids and missus go with you?

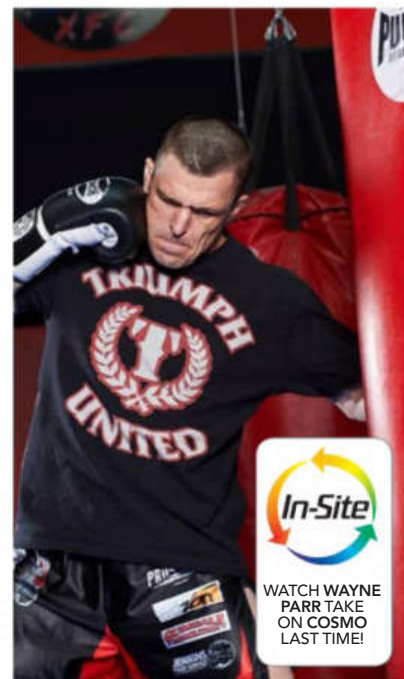
[Laughs], yes. I love Vegas. It was where I met Angie 13 years ago, training at Master Toddy's gym. The kids love going back because they get to visit the American relations. It's also going to be Halloween, so they're already planning their costumes.

Will you be training over there, or is it all here in Brisbane before flying over?

The plan is to fly out a week before to acclimatise to the different time zone. I'll do a few days training and then punch-on on 23 October. The plan is to stay a week after the event, travelling around America doing some seminars. I am lucky to have a good profile over there, so I'll make more money through seminars than the actual fight.

Is Kevin Dick running your corner?

Yes. I'll also have my American homie Melchor Menor, who I used to work with in San Diego, helping me. He has a very successful gym there where I will be training in the lead-up.



WATCH WAYNE
PARR TAKE
ON COSMO
LAST TIME!



COSMO ALEXANDRE

How is your body holding up to the rigors of kickboxing?

Now I know how I need to train. I don't need to spend all day in the gym like I was doing when I was young. I try to train smart.

How did the Lion Fight opportunity come about?

I did some fights in Lion Fight [organisation], and I remember I was asked about this fight before because I knew it would be big. But a few weeks ago the promoters asked me if I would fight JWP, and of course I answered yes.

How do you recollect your first fight with Parr?

Fighting JWP is always an honour. My first fight against him, I hurt my back

20 minutes before the fight; I fought just because God did a miracle. After the fight I went straight to the hospital and they said it was very serious, maybe I wouldn't fight again. But God, as always, made a miracle in my life, and I didn't stop fighting.

What about the second?

The second was good; I love to fight tournaments. Two or three fights in the same night, I like this! It was tough because [there were only] very good fighters in the tournament. JWP, Dzhabar and Madsua. I won by KO.

What's your game plan for the third?

I don't have a game plan. I like to go and see what I can use in the fight.

How many seminars are you doing? Can you tell me a bit about them?

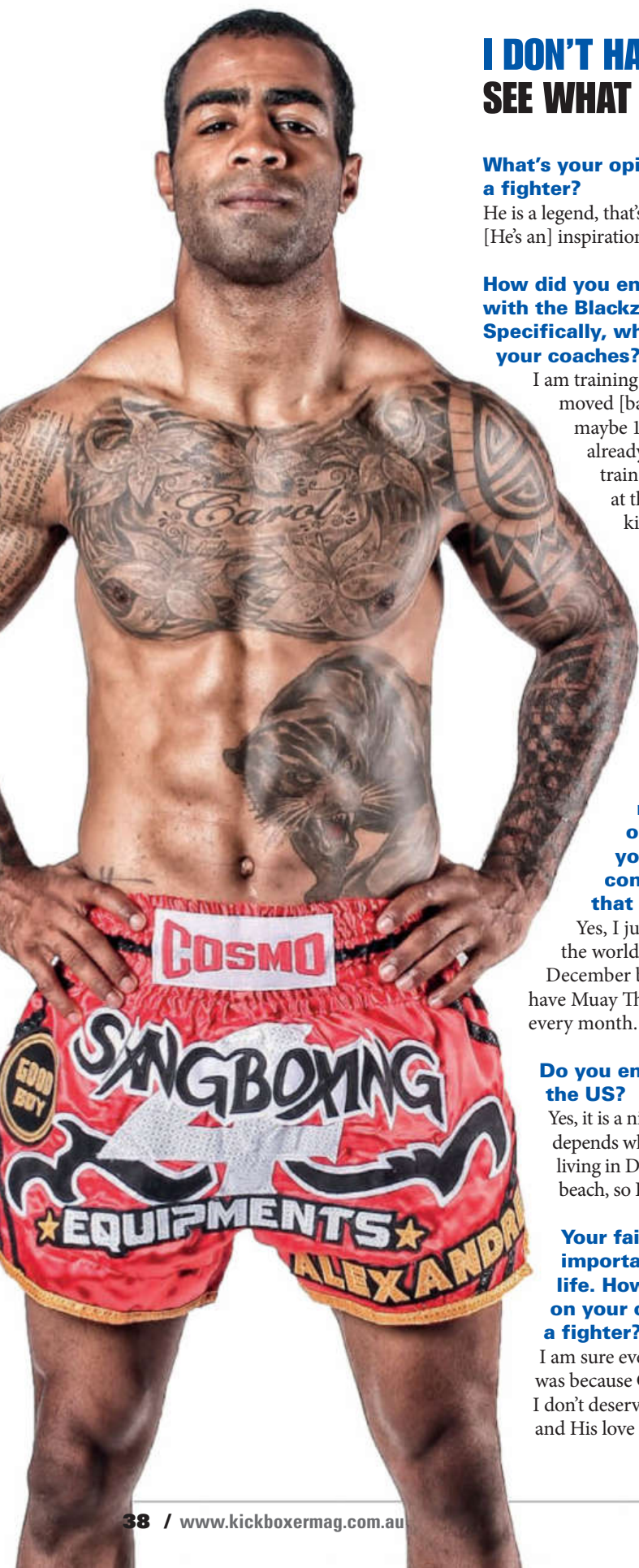
I took a big pay cut for the opportunity to fight on Lion Fight. The whole world is watching who's on the card. It's live on AXS cable TV with Michael Schiavello doing commentary and it's a great way for me to lift my profile in the States. If things go well and I get the win, I hope it will open more doors with future seminars and sponsors. Who knows, if the fighting doesn't work out, maybe, I can start my rap career!

What else is on the horizon?

CMT is on 5 December. I'm fighting an American, Cyrus Washington. It's two very important fights back-to-back. He has a very good record of 66 wins, 27 losses and three draws. He's got 49 KOs and is the WKA World champ, the WKBF World champ and was twice the Lethwei (bare-knuckle) champion in 2010 and 2014.

I hope to promote CMT while in the States so I can take advantage of the live stream. Fighting Cyrus, I hope that will also attract an American audience. I want to win both the Lion Fight title and put on an exciting fight for CMT to show America — and the world — [that] I'm still a contender. My legacy is all I have. I will do everything I can to ensure it is never forgotten.





I DON'T HAVE A GAME PLAN. I LIKE TO GO AND SEE WHAT I CAN USE IN THE FIGHT.

What's your opinion of Parr as a fighter?

He is a legend, that's it.
[He's an] inspiration.

How did you end up training with the Blackzilians? Specifically, who are your coaches?

I am training in Brazil now. I moved [back] last year... maybe 15 or 16 months already. In Brazil I can train real Muay Thai, but at the Blackzilians, just kickboxing.

My coaches are Joao Fernandes and Felipe Moledas. I have made good friends [amongst the] Blackzilians, but for me now, [training in] Brazil is better.

Your MMA record is outstanding. Do you think you will continue down that road?

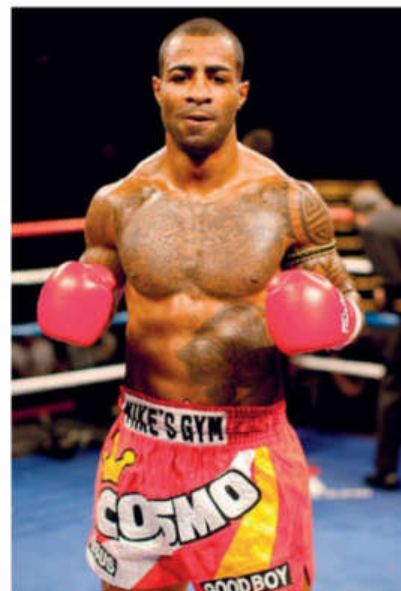
Yes, I just signed with the world series. I'd fight in December but for this year, I have Muay Thai fights every month.

Do you enjoy living in the US?

Yes, it is a nice place to live, but depends where you live. I was living in Delray Beach, near the beach, so I can't complain. Ha!

Your faith plays an important part in your life. How does it impact on your career as a fighter?

I am sure everything I have done was because God gave me...a gift. I don't deserve, but He is merciful and His love lasts forever. It gives



me peace because I know He is always doing what is the best for me; no matter the result, He always does what is the best in my life.

I heard two times in my life that I couldn't fight again; it was just a miracle I could [come back]. After that, I became world champion again. So, how [can people say they] don't believe in God's power and love? I'm thankful for everything. I have a blessed life, [a] beautiful and healthy family, I surf almost every day, I travel around the world fighting and surfing so I can't complain. I just thank God for every moment.

What's on the horizon for you, other than Parr?

Man, I want to go to Cali, fight JWP, surf there for a few days, and go back to Brazil and train for my next fight. I will fight in Brazil on 23 November and then 15 December in Vienna. So, [it's a] busy year. **IK**

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HEAD OF THE PRIDE

LION FIGHT FOUNDER SCOTT KENT

BY JARRAH LOH

Lion Fight is currently the leading Muay Thai promotion in the US with a talented roster of fighters including Tiffany van Soest, Kevin Ross, Yodsanklai Fairtex and Jorina Baars. The promotion has been a happy hunting ground for Aussie legend Caley Reece in the past and later this year, fellow living legend John Wayne Parr hopes to emulate that success.

IK spoke to the *Lion Fight* CEO about Parr's upcoming rematch with Cosmo Alexandre and his promotion's growing popularity in America.



Can you tell us how you got involved in Muay Thai and how that transitioned into you founding Lion?

I've trained in Muay Thai for over 20 years in the United States and in Thailand while having a full-time job as a casino executive in Las Vegas. Christine Toledo and I decided we needed to do something to push Muay Thai into the emerging world of combat sports and show people the most exciting stand-up fighting style in the world.

How is Muay Thai being received in the US at the moment?

Muay Thai has really exploded in the United States. I think the biggest reason is getting Lion Fight on AXS TV and having consistent shows. Our plan was to bring in major international talent and develop the regional and national fighters in the US to compete at that elite level. We're seeing a lot more Muay Thai gyms opening up as well.

Have you seen it grow much since the founding of Lion?

Not only in the United States but the Lion Fight brand is recognised now all over the world as the premier Muay Thai promotion. Christine and I probably get 10-to-15 emails or messages every day from fighters from all over the world that want to fight for Lion Fight, which shows our formula is clearly working. We've also been contacted by several other promotions that want to bring the Lion Fight brand to their countries.

I received a Google alert from a fighter in Perth that had just won a regional title and when interviewed he said his goal was to fight for Lion Fight in the United States. That really validates what you are doing. I even received a photo of my old gym in Thailand, Sasiprapa, of the fighters watching a live stream of Lion Fight in Bangkok — it doesn't get any better than that.

What do you think Muay Thai has to offer over MMA, which is very popular in North America?

I think people really appreciate the cultural background and the fact that it's a martial art that brings a rich historical tradition and respect, which is evidenced by the fighters and the nuances in the ring. Another reason we hear is many MMA fans aren't well versed in, or fans of, ground fighting and they prefer and appreciate the excitement of stand-up fighting.

Muay Thai is the only stand-up fighting style that allows elbows and the intense clinch fighting that is a trademark



I THINK PEOPLE REALLY APPRECIATE THE CULTURAL BACKGROUND AND THE FACT THAT IT'S A MARTIAL ART THAT BRINGS A RICH HISTORICAL TRADITION AND RESPECT, WHICH IS EVIDENCED BY THE FIGHTERS AND THE NUANCES IN THE RING.

of why the Lion Fight shows have been so successful with the MMA fans. The key is to get them to see Lion Fight and then they are hooked.

Do you think it is a matter of educating fight fans (and sports fans in general)?

With the success of the UFC and MMA in general in the US we have a built-in fan base that didn't exist 10-to-15 years ago. All of the MMA fighters train in Muay Thai and have been hugely supportive of what we are doing. We are a different sport than MMA so we aren't in competition with the UFC, but we feel we have the best elements of the MMA fighting style from a fan standpoint.

Also, the fact that in many parts of the world Muay Thai is much more popular than MMA has allowed it to expand so fast in the US and globally. We also recognise that social media and our website are a big part of educating the public about Lion Fight, and Muay Thai in general, by providing content that they find engaging.

We've had Jorina Baars in our magazine a few times; she is certainly one of your fighters on the rise.

Jorina is a beast and we love having her fight for Lion Fight. She made a huge statement for Muay Thai when she beat the 'baddest woman on the planet', Cris



**CLOCKWISE FROM
EXTREME LEFT:**

- Kent with Cris 'Cyborg' and Gina Carano;
- Kent with the Promoter of the Year trophy;
- Tiffany van Soest with the featherweight title;
- Kent during the Lion Fight 11 press conference;
- Kent with John Wayne Parr;
- Rungrat Sasiprapa vs. Kevin Ross at Lion Fight 23;
- Mike Lemaire vs. Andrew Kapel at Lion Fight 23.



Cyborg. No one understood that her better technical skills could dominate a fighter like Cyborg. She has a very bright future here and is a great ambassador for the sport.

You mention that famous win against Cyborg on your Lion event. How was that fight on the night?

Muay Thai fans loved that fight and most were stunned that this 23-year-old Dutch girl could come in and control the fight with Cris — we gained many Lion Fight fans that night.

How did you feel after the success of that event?

That fight allowed us to tap in to the mainstream MMA media outlets through Cyborg's popularity and allow fans to see how exciting Muay Thai can be — it was our highest rated show on AXS TV. Cris Cyborg came to Lion Fight 23 and still talks about that fight and wants to fight again and eventually rematch Jorina — that would be huge!

Several Australians have fought on your cards, such as Caley Reece, who also held the Lion belt for a time — what are your thoughts on Caley?

Caley Reece and her husband Darren were so great to work with. We try to work with people who we trust and are committed to the same goals we are. Christine was able to bring Caley in and everybody loved her. Her fight with Tiffany (van Soest) was a great fight and was almost a passing of the torch for women's Muay Thai. Caley has since retired and she and Tiffany are great friends now, but I would love to see that rematch!

We also brought over Michael 'Tomahawk' Thompson and he had an absolute war with Kevin Ross and he represented Australia very well.

What do you think of Australian Muay Thai talent in general?

Michael Schiavallo always tells me how popular Muay Thai is in Australia and that's one of the areas we would like to develop

a relationship with. Everything I've seen indicates Australia is deep in talent and the fan base is expanding as well.

Do you think Lion will hold a show in Australia one day?

We would love to do a show in Australia. If we can come up with a deal that works for all involved, it would be great for our brand and many of our American fighters would love to come there to fight. It makes sense if we can get sponsorship support.

Tell us about the upcoming Lion Fight 25, which includes our 'John' Wayne Parr vs. Cosmo Alexandre. What do you think about this rubber match?

I was thrilled Christine was able to make this fight happen. Everyone in Muay Thai has talked about this rubber match but she was able to pull it off. This is our first time promoting JWP and we are excited to bring a fighter that has done so much for the sport of Muay Thai. We have had Cosmo on a few cards and he always comes to fight and he told me this is a fight he's wanted for a long time. Two of the classiest guys out there and both are huge international names.

Which way do you think it will go?

I really don't know. I'm as excited as a fan to see what happens and I know both fighters will bring their best.

What are your thoughts on our JWP?

JWP is one of a handful of Muay Thai fighters that are known all over the world. A 10-time world champion and he's fought everyone in the sport. I'm so glad we were able to get him on a Lion Fight card and fight for the Lion Fight World Title. This is a fighter that gets everyone's attention.

What else do you and Lion have planned for the year?

I have three fights in three months, two at Foxwoods on the east coast and the show at Pechanga with JWP in October. I'm also going to London to meet with a group that wants to do some Lion Fight shows in England in 2016.

And going beyond that, what are your long-term plans for Lion?

We will focus on what's made us successful and grow the Lion Fight brand across the US and the globe. Putting on consistent, high-quality shows that expands our fan base into non-traditional Muay Thai circles and through our relationship with AXS TV and sponsorships, keep expanding our business model to accommodate the growth. **IK**



JORINA the best, BARR none

**Jorina Baars Set to
Defend Lion Fight Title**

INTERVIEW BY
SYLVIA SCHIAVONI

Dutch female superstar Jorina Baars is set to defend her Lion Fight World title against Czech Republic star Martina Jindrova on Lion Fight 25.

The female welterweights will be the co-main event to Australia's very own John Wayne Parr, who is headlining the event as he faces off with Cosmo Alexandre.

Baars remains undefeated in 37 fights and is best known for her thrashing of the infamous Cris 'Cyborg' Justino on Lion Fight 14. A fight that was dubbed by many in the US media as the greatest female kickboxing fight in history, Baars takes it all in her stride, including still working at her day job in security.

Next opponent Jindrova is boasted to be freakishly strong with a propensity to overpower her opponents in the grapple. However, Baars isn't fazed.

This isn't the first time welterweights have faced off — Baars defeated Jindrova when they fought under K-1 rules in 2012.

The question is will it be revenge or repeat?

JORINA BARRS

How did you originally get into martial arts and kickboxing?

I started when I was seven years old. A few kids from my class were getting into kickboxing and they asked if I wanted to try it, so myself and the other girls from class came and checked out their training. I was immediately interested and signed up as well — that's how I became addicted to training and fighting.

Who are your fighting heroes?

I am a great fan of Peter Aerts, Ernesto Hoost, Lucia Rijker, Ramon Dekkers, Andre Mannaart and Rob Kaman. They all inspired me to train harder and smarter and I wanted to be as good as them. They are all tough fighters who fought the best in the world successfully.

How does it feel to be invited back to America to be the co-main event on Lion Fight 25?

Very good. I am so happy to be back and cannot wait for this upcoming fight. I was supposed to fight on the week of 4th of July for Lion Fight; this was scheduled the day before the UFC fight also against McGregor in Las Vegas. So needless to say that would have been a great event due to all the fight fans in Las Vegas at that time. They were unable to get this event established on time, so they pushed it back.

How do you feel about having the opportunity to defend your Lion Fight Welterweight World title?

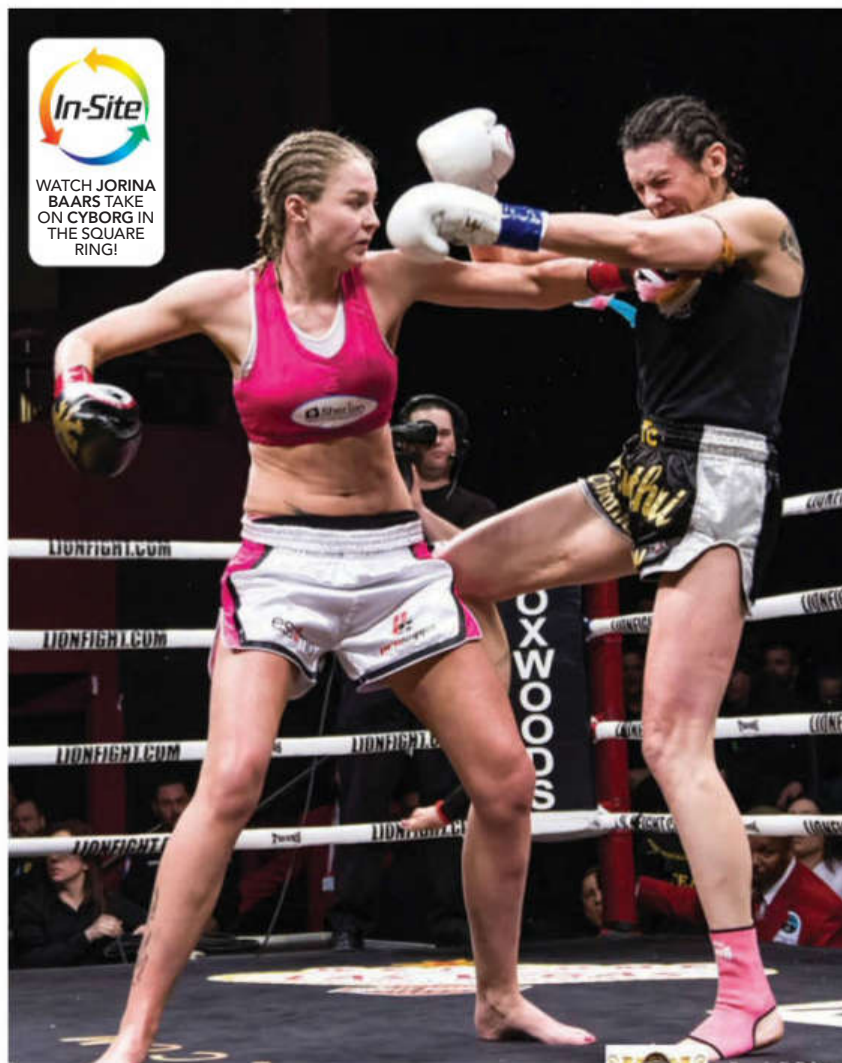
It's awesome! I am the champion and I will give the supporters a great show and a hard fight. I will always be 110 per cent ready to fight, so come and watch us go at it.

You're set to fight Martina Jindrova; what do you know about your opponent?

Martina is a very good and strong opponent. We fought each other in 2012 in a K1 tournament in the semi final. I won and it was a good fight, not just for us, but also for the fans.

What are Jindrova's strengths?

She is a real warrior with a fighter's heart. She will show up well prepared and ready for battle — and so will I.



What are Jindrova's weaknesses?

I fought her a long time ago and know she will have improved as she has a good camp. She will obviously work on the weaknesses she had [when we previously fought] and not make the same mistake twice and let that bring her down and lose. I will find her new weaknesses and cash in on them and win.

How, if at all, are you adjusting your training or game plan for this fight?

I train what I always do. I never change my game plan. I can change my plan according to how the fight progresses and what happens during the fight. My trainers and myself have very good insight, which allows for quick and drastic decisions that are always focused on the win.

JORINA BARRS

Fight Name: JoJo

Weight: 65kg

Club/Stable: SportsArt Den Helder and Mejiro Gym Amsterdam

Fighting out of: Den Helder, The Netherlands

Professional Record: 39 Fights, 36 Wins, 0 Losses, 3 Draws

Titles: 4 X Dutch Champion, 4 X European Champion, 4 X World Champion, Strongest Weapon: All-round fighter

Favourite Weapon: Watch my fights and find out!

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Jindrova has a reputation for being extraordinarily strong; what are your thoughts?

She is not extraordinarily strong, she is just strong. Make no mistake, I train hard and smart and fight even harder. I am not showing up to lose and my team is always focused on one thing and one thing only and you all know what that is!

Jindrova also has a reputation for being overwhelming in the grapple and rag-dolling her opponents, so how, if at all, are you preparing for this?

I hope it will not become a hanging and smother fight. That's not what the crowd wants to see. But good clinch work will be great. I like to work with my elbows.

Lastly, Jindrova is also known for throwing nasty spinning elbows; are you adjusting your training to prepare for this?

There is absolutely nothing that Jindrova can do, or will do, that is going to make me lose sleep. In a fight, anything and everything can happen

and I will do my very best to be focused and as sharp as a razor.

What is your pre-fight training approach or philosophy?

Train hard and smart and fight easy!

What does your training regime look like?

We make a schedule every week because I work as a bouncer in one of Amsterdam's prominent clubs. I try to train two times a day. That is a combination of Crossfit, power, strength and cardio. Every evening is Thai boxing, which involves bag work, pads, technique and sparring.

How do you prepare mentally?

That's a very good question. Others as well as myself consider me very strong mentally. That comes from having experienced a lot in my life. Everything that happens makes you stronger for sure.

What kind of fight can fight fans expect?

A very hard and technical fight; you don't want to miss it!

Listen to your teacher. Follow your dreams. Every champion was a beginner. Winners never quit and quitters never win.

Any advice for aspiring female fighters?

Listen to your teacher. Follow your dreams. Every champion was a beginner. Winners never quit and quitters never win.

Anything else you would like to add?

I'd like to give special thanks to my sponsors, trainers and training mates. Without them none of this would be possible.

Shout out to ROSUPPS, SHERTON, PPS-SECURITY and ESSIMO! **IK**

8 Blade Warriors

Victoria

What year was the gym established?

8 Blade Warriors was established in 2011.

Who are the trainers?

The head trainer at 8 Blade Warriors is Superboy, who has over 30 years experience fighting and training fighters.

What classes are available?

- Fighter training
- Beginner and advanced Muay Thai
- Ladies class
- Kids Muay Thai
- Boxing

What facilities are available?

Traditional Thai style gym complete with ring, long and short punch and kick bags, ample floor space and all necessary equipment to train Muay Thai.



Who are some notable fighters from the gym?

Alexi Petroulias (WKA Intercontinental and WKA & WBC title holder), Alex Ilijoski (WMC & WBC Vic. champion, Rebellion 8-man champion), Chris Nguyen, Quan Trinh, Natalie Edwards (Victorian title holder and East Coast title holder).

In one sentence why should people visit you?

8 Blade Warriors is built on relationships through Muay Thai. When you walk into the gym you get the small gym feel in a family environment.

Where can people find the gym online?

Facebook: 8 Blade Warriors.

How can people contact the gym?

Phone: 0410 450 710 (Dom)
Email: dom8blade@gmail.com

Where is the gym located?

1/5 Supertron Court, Laverton North.

- Muay Thai for Beginners
- Muay Thai for Advanced
- Kids Muay Thai
- Ladies Classes
- Boxing
- 8 BLADE FIGHTER TRAINING
- SPECIAL FIGHT PREPERATION



8 Blade Warriors



Contact Us:

Address: 1/5 Supertron Court,
Laverton North, VIC 3026

Facebook: 8 Blade Warriors

Email: dom8blade@gmail.com

Superboy: 0450 494 308

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TOP 5

KICKBOXERS WHO JUMPED TO MMA

BY NEIL ROOKE // PHOTOS BY GETTY

Part 2: Not so successful

In our last issue we looked at the top five kickboxers to make the leap to mixed martial arts. At times it can seem like it is a desirable leap to make, especially with the money that is on offer when a fighter can reach the pinnacle of the sport.

Sometimes though, the transition just doesn't pay off. The skills just don't translate, especially when the beast that is the 'ground game' comes into play. A fighter who spends their entire professional career avoiding the idea of hitting the canvas has to get their head around being able to fight from the ground. It's not easy; as they say, it can be an arduous task to 'teach an old dog new tricks'. While it can appear easy enough to strap on the gloves and hope that superior striking is all that is needed to ward off an opponent – sometimes it just isn't.



Over the years, there have been plenty of fighters who have tried their hand at both sports, and here are five fighters who haven't been able to transition as well as others. That's not to say that they have failed by any means – in some cases they just should have stuck to their roots.

RAY SEFO

(56–22–1)
(2–2 MMA)

Ray Sefo has had one hell of a ride when it comes to combat sport. He has been an active competitor for over 26 years, and that feat on its own is impressive enough. His bread and butter, so to speak, has certainly come by way of kickboxing, with his record being 56-22-1. Sefo has won numerous championships inside the ring and has carved out a legacy as a striker.

While his kickboxing credentials are undeniable, the transition to mixed martial arts never really translated for the New Zealander. His first two mixed martial arts bouts saw him pick up convincing victories; however, that's where he should have stopped. Although he has only competed four times in total in mixed martial arts, his last two outings showed that his prowess was in the ring as opposed to the cage.

In his latest mixed martial arts bout, Sefo saw himself in an awkward position when he entered the cage opposite one of his WSOF employees. Dave Huckaba got to live out every employee's dream when he was able to dish out some violence against his boss, and against the odds — in a fight that many thought he had no business in taking in the first place. Huckaba walked out the victor and Sefo hasn't entered the cage since.

If Sefo is still chasing his goal of getting to 100 combat sport bouts and finishing up his impressive career with some victories, he will probably stick to kickboxing, where he has seen the majority of his success over the years.

PAT BARRY

(17-6-1 KICKBOXING)

(8-7 MMA)

Pat Barry's kickboxing credentials were so highly thought of that it only took him three professional fights in mixed martial arts to be signed on to compete in the UFC. His debut with the company, which took place at UFC 92, was a great success and once again showcased his kickboxing pedigree, when he won in the very first round by way of leg kicks. From there though, things didn't quite play out too well for the striker.

He went on to alternate wins and losses until suffering back-to-back losses against Cheick Kongo and Stefan Struve respectively. Each and every loss that Barry suffered in the UFC was by way of a finish with his last two outings in the Octagon being brutal first-round stoppages.

Barry seemingly gave up during his final UFC bout against Soa Palelei. Frustrated with the general notion of being dragged to the mat, Barry was ground

and pounded out of the UFC and thus his mixed martial arts career.

Following his retirement from mixed martial arts, Barry went back to his roots of kickboxing and has since gone 2-1 since returning to the sport that started his combat sport career. While Barry is unlikely to return to his previous world championship glory after suffering so many knockouts in his mixed martial arts career, there is no doubt that he is better suited in the ring until he hangs up the gloves for good.



SRG Thai Boxing Gym

NSW

What year was the gym established?
2010.

Who are the trainers?

Luis Soot Raaeng Geert
Airam Trujillo
Deaw SRG Patsanon
Paolo Cattaneo
Danielle Hayes
Yodvisanu Soot Raaeng Geert Fairtex.

What classes are available?

Introduction classes
Beginners classes
Women-only classes
Thai-fit circuit classes
Kids classes
Boxing classes
Kids boxing classes
Intermediate/advanced classes – professional and amateur fighters.

What facilities are available?

Muay Thai training, boxing training, fitness classes, weight area, Gracie Brazilian jiu-jitsu, judo, yoga, physiotherapy, strength and conditioning, full showers and changeroom facilities, full-time Thai trainer on site.

Who are some notable fighters from the gym?

Luis Soot Raaeng Geert
Yodvisanu Soot
Diesellek Soot
Raaeng Geert
Patrick SRG Ribeiro
Chris SRG Mattafa
Nick SRG Randall
Mike SRG Brown
Michael SRG Mina
Leonie Soot
Raaeng Geert
Danielle SRG Hayes
Leanne SRG Reid.

Where is the gym located?

2/576 Botany Road, Alexandria, NSW.

Where can people find the gym online?

www.thaiboxingsydney.com
www.instagram.com/srgthaiboxing
www.facebook.com/srgthaiboxing
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How can people contact the gym?

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In one sentence, why should people visit the gym?

The good vibe, good training and good people.



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PETER GRAHAM

(59-13-1 KICKBOXING)
(11-9 MMA)

With an undefeated career as an amateur, Peter Graham was destined for great things as a kickboxer. Numerous titles, including championship victories under the K-1 banner, helped solidify his position as one of the best to come out of the Oceania region.

When "The Chief" first moved over to mixed martial arts, he was sporting a kickboxing record of 53-11-1. That on its own was a huge feat. Moving over to the new sport didn't exactly go too well for Graham. He went three bouts before he was able to get a win and that didn't last too long, with back-to-back losses coming after that. Graham, however, did find his stride between 2010 and 2013 when he was able to win nine fights in a row, including his debut with Bellator.

But things didn't really pick up for Graham, with his next five fights seeing him lose four times. There's no denying that Graham has done wonders representing Australia in combat sport all over the world, and his story is often untold; however, as far as his success goes, he has certainly had a far better run as a kickboxer and even in the boxing ring when he recently defeated Ben Edwards in a heavyweight title fight.



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JOE SCHILLING

(18–7 KICKBOXING)

(2–5 MMA)

The thing about Joe Schilling is that he puts on one hell of a fun fight. In his first professional kickboxing bout he was being beaten convincingly and nearly threw in the towel after being dropped numerous times. Once he regrouped, and 47 elbows later, Schilling found his stride and continued to impress inside the ring. His impressive 18 wins with 11 knockouts certainly shows the type of fighter that Schilling is. His success inside the ring cannot be denied having won multiple titles in his kickboxing career and also being crowned the

2013 GLORY Middleweight World Championship Tournament winner.

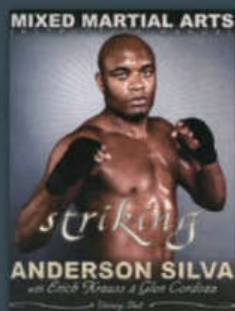
After losing his first kickboxing fight in 2008, Schilling tried his hand at mixed martial arts; however, throughout the year he won just one fight in four appearances. Not surprisingly, the striker would succumb to submission losses each of the three times he fell short and with that Schilling turned his attention back to kickboxing until signing on with Bellator in 2014. In his Bellator debut, Schilling made waves around the world with his brutal knockout over Melvin Manhoef, but he

would then go on to lose back-to-back fights, with an equally devastating loss at the hands of Hisaki Kato at Bellator 139.

Although he has unfortunately fallen short many times in mixed martial arts, he is still renowned for the entertainment that he brings when he competes in both sports. Schilling's time is best served inside the kickboxing arena; and at GLORY 24: Denver he has the chance to reclaim his GLORY middleweight championship in a rubber match with Artem Levin. No matter how that fight plays out, Schilling will certainly put on a show to remember, just like he has time and time again.



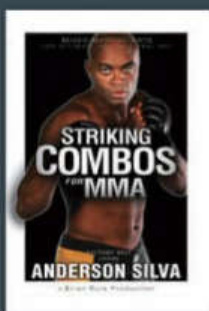
ANDERSON SILVA



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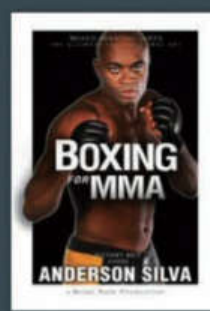
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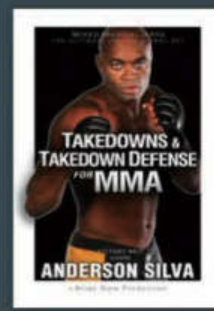
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MARK HUNT

(43–13 KICKBOXING)
(10–10–1 MMA)

Although Mark Hunt made the list in the last issue, it can be justified that he can also make this list. While he has competed on the biggest stage in mixed martial arts under the UFC banner, his success inside the Octagon hasn't quite reached the height that he was able to reach when he was inside the ring as a kickboxer.

There is absolutely no denying that Hunt has a cult following — and for good reason too. Every time Hunt enters the UFC's Octagon, it's an underdog tale ready to unfold. In 2014 Hunt even found himself competing for an interim UFC championship — now that's something that many never thought they would see from the 'Super Samoan'. Throughout his mixed martial arts career, Hunt has amassed a record of 10–10–1 and during his tenure in the UFC he has gone 5–4–1.

While he has found a comfortable home in the UFC, and success during his mixed martial arts career as a fan favourite — the numbers don't lie. Hunt was a much better kickboxer than what he has been a mixed martial arts fighter. Hunt won numerous championships as a kickboxer, most notably when he was crowned the 2001 K-1 World Grand Prix Champion.

Hunt finds himself in a place where he is very unlikely to win a major championship in mixed martial arts before he hangs up the gloves, but that's not to say he isn't loved all around the world. His craft inside the ring translated a little bit once he entered the cage and from a success point of view, his achievements inside the kickboxing realm will always outweigh what he has been able to achieve in mixed martial arts. **IK**



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Lee Fook

Tell us about yourself.

I started training Muay Thai as a beginner at Phoenix Gym in Canberra and have been there ever since. I now work at Phoenix full time and coach fitness, boxing and Muay Thai classes to kids and adults. It's a really close-knit gym and the people there are like my second family. It's a great job because I get to be surrounded by people who love the sport as much as I do! When I'm not working or training at the gym, I usually take my dogs out to hunt pigs, or go deer hunting if they're in season — best way to get your fill of red meat [laughs].

Tell us about the recent IFMA World Championships you participated in.

The world cup was a crazy experience! I ended up having three fights, making it to the quarterfinals. My first fight was against India and I won by TKO in the first round. Second one was against Lebanon, which went the distance. He was a tough opponent but I managed to win all three rounds and get the decision. My last fight was against Moldova and went for three rounds as well. My opponent fought smart and was obviously experienced at tournament-style competing; he won two of the three rounds, so unfortunately it didn't go my way. I'm pretty happy with how it all went; got through four weigh-ins and three fights in five days with no major injuries and learnt a lot along the way. The Australian team was great and brought a fun vibe to the whole event.

What are your prospects like in Canberra for getting matches?

Being in Canberra does make it hard for me to get matches. I nearly always have to travel to get to fights. I don't really mind; though, it's just part of what you've gotta do. I've had the chance to fight on some good shows. Hopefully I'll keep getting those opportunities and fight on some big shows around Australia and overseas.

Any big shows coming up that you want to mention?

F**k yeah — Rebellion Muay Thai! I've wanted to fight on Rebellion for ages and now I'm matched on 28 November in Melbourne — I'm heaps keen to get down there and put on a show.

Do you have any superstitions or rituals?

Nah, I don't really have any superstitions, but I do like to have a freshly cut and coloured mohawk before each fight [laughs].

Tell us one or two things about yourself that we would never know.

Because I've got the mohawk and all the tattoos, you get some people making judgements about you. I've

never drunk alcohol, smoked or done drugs and I never will and that still surprises people when they find out!

Who would you like to thank who has been with you on your successful journey so far?

Behind every fighter there's always a long list of people who have helped them get to where they are, but I want to give a special thank you to my head coach Anthony Manning. Without him I wouldn't have had a lot of the opportunities and good memories I've got. Also thanks to all of the other coaches, training partners and members at Phoenix Gym for putting in the hours and helping me along the way. Another big thanks to my partner, Joselyn, who goes through all the highs and lows that come with fighting with me, and loves every minute of it as much as I do! And shout out to Damo, who started at Phoenix with me in the beginning and is still here helping me train hard and fight harder!

Any plans or goals you want to share with us?

Just to keep racking up fights and hopefully get the chance to take on some more tough opponents in Australia and overseas.

BIO

Weight:
60–65kg

Record:
17F
10W
7L
3KO

Titles:
WKA Australian
title

Gym:
Phoenix Gym,
Canberra, ACT



Riley McLoughlin

Tell us about yourself and your upbringing.

I grew up in Queensland but moved around a lot. I lived with my mum and older sister. In Darwin I was getting into fights and being suspended a lot. I started drinking young, moved to Airlie Beach and eventually got involved with some violent boys and drugs scene — I got to see some decent underground shit.

I met up with my dad after around seven or eight years. He fought John Wayne Parr while they were both youngsters for a draw. I got home and started my journey and dedication to do better with myself. I went to TAFE in Brisbane for a month and met Nick Trask and a few other great trainers and fighters. I decided I would move to Brisbane once I got back; then everything started to fall into place when I dedicated my mind to it.

Tell us about your recent state title bout.

I fought for the WKBF QLD Super Lightweight title and came out second best with a split decision loss, but I was happy with my performance overall.

Any big shows coming up that you want to mention?

I am going to Thailand in October; possibly fighting but I will leave the decision to Nick. I also secured a WMC AA title shot early next year at Amateur Aggression.

Do you have any superstitions or rituals?

Not really, I just like to relax and watch movies on fight day.

Tell us one or two things about yourself that we would never know.

My favourite fighter is Nicky Holzken.

Who would you like to thank who has been with you on your successful journey so far?

I would love to thank Mum, Dad and Nick for believing and motivating me to do good with myself.

Any plans or goals you want to share with us?

I usually don't like to share these, but I would like to go to the top.

BIO

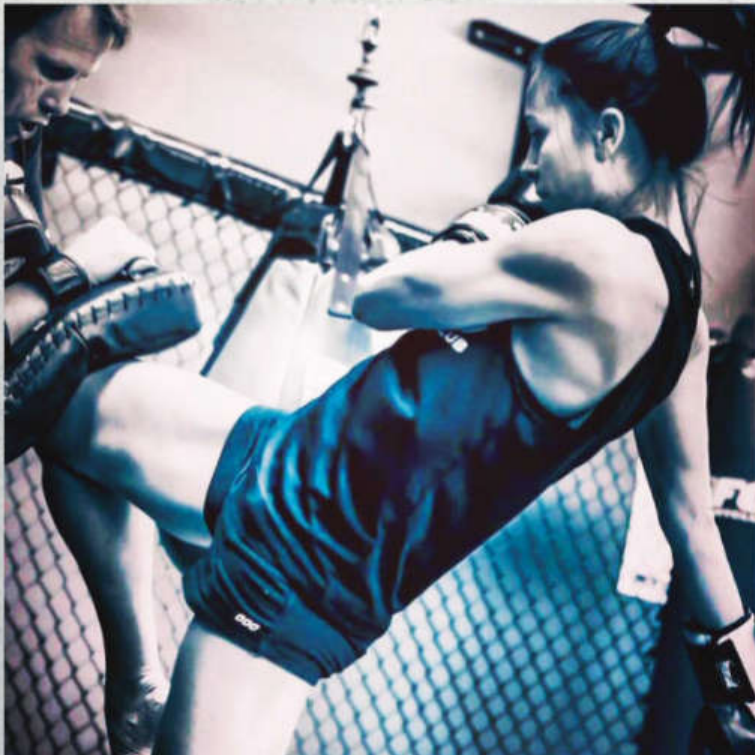
Weight:
62.5–64kg

Record:
7F
5W
1D
1L

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Jesse 'James' March

Tell us about yourself.

I'm 17 years old, I live in Glenwood, NSW, and I fight out of Full Force Gym Blacktown under Reinhardt Badato and the Badato brothers. I spent most of my younger years playing rugby league and also playing representative level football (soccer). At the age of 15 I wanted a change and after a family holiday to Phuket, Thailand, I loved the look of Muay Thai. I've now been training for nearly two years and I have never looked back!

Tell us about your recent success overseas.

In January this year I travelled to Sitsongpeenong Bangkok to train for two weeks and then in July I travelled to Pattaya, Thailand, with my family and people from the gym. We stayed and trained at Fairtex and after a week of training, I was lucky enough to get matched for a fight on Max Daily Show at the Max Muay Thai Stadium Pattaya. I fought a hard three rounds at a much heavier weight against a much older and experienced opponent and was lucky enough to get the win and, more importantly, experience.

What's it like getting fights in NSW? You are quite young and the government is making it harder as well.

The CSA is making it very difficult for myself and other young fighters in NSW. Being under 18 and competing in a combat sport, to fight in NSW and VIC we have to wear lots of protective padding. Although NSW is only headgear, I prefer to travel to QLD to fight full Thai rules with no protective padding. You feel more free and in control. It's just hard as a lot of shows I have to pay my own expenses, which adds up.

Are there any big shows coming up that you want to mention?

Lots of big shows coming up. I have John Wayne Parr's Caged Muay Thai 7 in December — I fought on CMT6 in May this year; it was an awesome show and very well organised. I'd love to get back in that cage again!

October 2nd I'll be fighting on Full Force Promotions AFTERMATH 10 main event against Jimmy Kabanis for an AFTERMATH state title — this fight is a rematch as I lost my very first fight to Jimmy.

What's the most embarrassing thing you've done in this sport?

On my fourth fight I fought in Dubbo for a MASA state title. I knocked my opponent out in the second round. As the referee waved off the fight in excitement, I ran up to my corner and jumped on the ropes to celebrate with the crowd and slipped and wacked my head on the top rope.



BIO

Weight:
63–65kg

Record:
10F
9W
1L

Gym:
Full Force Gym,
Blacktown, NSW

Do you have any superstitions or rituals?

The night before a fight I will always say a special little prayer just before I go to sleep. Before walking out to the ring we always say a prayer with my trainers and I can't forget my lucky pair of undies that I have worn on every fight I have won.

Tell us one or two things about yourself that we would never know.

Something not many people would not know about me is that I left school at the end of year 10 to find a job that would work around my training hours, so I could put more time in at training. And I also love a big cup of Milo after dinner (obviously not when I'm cutting weight).

Who would you like to thank who has been with you on your successful journey so far?

There are heaps of people I would like to thank, but the main people would definitely have to be my mum, dad, my family, my head trainer Reinhardt Badato and the Badato brothers, Joseph Concha and Franz Sanchez, who all played a big part in my successful journey so far. All these people, plus others, have been with me from the start of my journey, pushing me to succeed and do better. And I can't forget my supporters, who try and come to every fight no matter where it is; some even travelled to Thailand with me.

Any plans or goals you want to share with us?

I am hoping to have at least another three fights this year, then in January I am back off to Fairtex Thailand for a month of hard training and hopefully even fight at least twice whilst there. Then back to Sydney to continue training and fighting. I will go back to Thailand again before turning 18 in September and hopefully, with approval of my trainer, I'll have my debut professional fight. I will also be starting to chase sponsorship to join my team on this journey.



Indigo 'El Paso' Boyd

Tell us about yourself.

I started martial arts at the age of five. I came through the BJC system under Kyoshi Billy Manne in Frankston. I enjoyed all forms of combat with martial arts. I work for a construction company that is very supportive of me competing as a fighter. When I turned 18 I had a long break and just put myself into work; then when I heard John [Bowman] had started the BEAST Gym, I couldn't help myself and wanted to get back into it.

You come from a very no-nonsense gym — what is that like for confidence boosting?

Although only training out of Beast for under two years, my trainer, Bowie, is no stranger to me. We have trained together or alongside each other for a long time in, as you say, a 'no-nonsense environment'. Bowie has been around the fight scene for many years and understands what is required for each individual to go into battle.

I train with experienced fighters but also some very focused and determined fighters to be. It is great to be a part of a somewhat new gym, yet there is plenty of experience to draw from. I enjoy being pushed to my limits and I am still able to express myself as an individual and the Beast gym gives me the confidence to do things that I otherwise wouldn't believe possible.

You made the transition quickly from amateur padded fighter to fighting on big shows with an appreciative audience behind you. Do you have any words for other young amateur fighters considering the big step to fighting pro?

I believe you need to have faith in your trainer and trust in the process. It is daunting at first, but if they believe you are ready, you must trust their judgement. I felt well prepared for my first amateur fight and although I was nervous, I was focused. I won by KO with a head kick and my opponent had to be ambulated out. My confidence was high but I was soon grounded by Bowie's words, "Our journey has just begun and fighting is a great leveller!"

Any big shows coming up that you want to mention?

At the moment I would just like to get on the best shows possible for us to move forward; I try not to get caught up in all of that. I know we have a lot of interest from promoters and Beast is making me a versatile fighter to be able to adapt to all shows, so hopefully this can create opportunity. Kings of Kombat has been supportive and exciting to be a part of my journey to date, but Bowie takes care of all that side of it!

Do you have any superstitions or rituals?

I go shopping every fight to buy a new outfit for the night. I get a haircut and basically try to make myself feel brand new [laughs].

BIO

Weight:
62–63.5kg

Record:
9F
7W
1D
1L
3KO

Titles:
ISKA & IKBF
Victorian titles

Gym:
BEAST Gym,
Chelsea Heights, VIC

Tell us one or two things about yourself that we would never know.

I study karate and weaponry. I basically live at the gym. I can mouth the words to nearly all the *Star Wars* movies [laughs].

Who would you like to thank who have been with you on your successful journey so far?

Firstly my trainer, John. He has given me a new life and I couldn't be more thankful. My family and friends — I am very grateful for all the support and encouragement they all give me. All the boys at the Beast Fight Club for helping to make me the fighter I am. Special mention to Nathan Gamble, Jake Mitchell, Gary Conway, Graham Stewart and Joel Rule for all the hard work they put into me.

Any plans or goals you want to share with us?

A WKA belt next year would be awesome, although the real goal is to get 20 to 30 fights out and to really begin my career as a professional fighter.



Sarah Cord-Udy

First up, talk about your background and how you got into this sport.

When I was young, netball was the sport which took up most of my time, whether it was at school or for my club — I'd never thought about doing martial arts. Originally, when I started Muay Thai, back in late 2013, it was to get fit, lose weight and get back to how I once was. One of my friends used to go to the classes and I went along to watch a few and always wanted to try it out. After attending a few classes, I became hooked and found it a great way to exercise and it was not boring like running on a treadmill. I did not ever think I would get into the fighting side of Muay Thai, but after some sparring sessions, it peaked my interest and I wanted to see what I could achieve.

Tell us about your profession and if you think it is at odds with your chosen sport.

At the moment I am working as a dental nurse, four days a week. The hours seem to be working well with training and having Fridays off each week makes it easier for me to get away when there is out of town/interstate shows on, or if I might need to cut weight in the sauna. Also, working as a dental technician, being able to make my own professional mouthguard is a great benefit.

Talk about your interstate victory. Was it good to get brought over at such an early stage in your career?

Having the chance to fight over in Melbourne on the Brute Force 31 show a few months ago was a great experience and privilege for me. This was my first show without headgear and shin pads and my opponent, Donna, gave me a good, fast-paced fight. I am thankful for the opportunity to represent my club interstate and be able to gain more experience against different opponents and gyms.

What's it like with Rav Sidhu and Jason Altmann? They are pretty well-known fighters internationally and locally.

Having the chance to train with both Rav and Jason is definitely a positive and inspiring one. They have both achieved a lot in their careers so far. I would have loved to have seen Rav fight for the IPMTF World Lightweight title in Bangkok, Thailand last year but I managed to miss my flight, and missed it by a few hours. Being able to see them train and watch their technique and have them help modify ours is a great advantage to our club.

Rav is a very successful fighter; has that rubbed off at all?

I am very lucky having Rav as a trainer. He is inspiring and I would love to achieve what he has. I hope it rubs off on me. He is very humble and having him as a trainer makes me want to set and reach my goals.

BIO

Weight:

65kg

Record:

4F
4W
1KO

Gym:

Young Lions
Thaiboxing,
Adelaide, SA

Having him believe in me gives me confidence when stepping into the ring.

Anything interesting you want to talk about, including superstitions?

Not really, no superstitions; as long as I have trained hard that's all that matters.

Tell us one or two things about yourself that we would never know.

When starting training Muay Thai it was mostly all about losing the weight. After about six months I had lost 20 kg and was feeling so much better within myself. Muay Thai has definitely changed my life for the better.

Who would you like to thank who have been with you on your successful journey so far?

My mum for putting up with my moods when I am trying to diet and cut weight [laughs]. My training partners, especially Jo and Tom, for pushing me when I need it. Everyone at Young Lions and especially Rav, of course.

Any plans or goals you want to share with us?

In the ring I plan to keep fighting as much as I can. I've had four fights so far this year and another two coming up, the next one being in Alice Springs for Desert Storm 2 in a few weeks. I hope to join Rav going over to Thailand next year in March for the WMO PRO-AM World Cup. Also to train over in Thailand again but this time for a couple of months. **IK**



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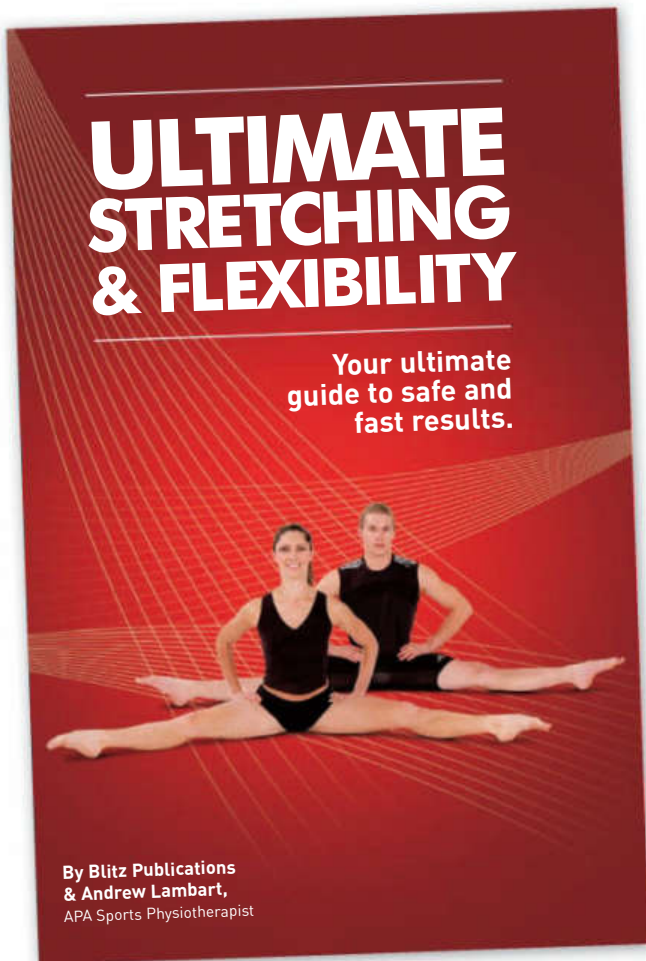
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Dr Q&A

Doctor Peter Lewis takes the time to answer some of the common fighter questions we get asked here at *International Kickboxer* magazine.

A lot of new guys starting to train get injured and they aren't sure whether to apply ice or heat? How do you know when to use each?

Okay, first of all I will explain the conventional wisdom that has been taught as gospel for

decades. 'Ice for the first two days, then heat.' I will then complicate things by telling you that the latest advances in medical science have cast doubt on the some of these things.

We get a lot of acute traumatic injuries in kickboxing

training and fighting. There is a lot of bleeding initially. Good examples of these injuries are coked thighs, bruised shins, broken noses, bruised knuckles and swollen elbows (olecranon bursitis). The bleeding causes swelling, which

causes pain. There is also a lot of inflammation, which is the activity of white blood cells and platelets in the injured area. We can reduce the pain and swelling and slow the rate of bleeding by putting ice on the injured area. We know that reducing



GETTY

the swelling and bleeding speeds up the resolution of the injury. In fact, today I saw a pro kickboxer who has been in a lot of pain because he was kicked repeatedly in his left thigh by a 'young gun' while sparring a couple of days ago. Not only was

the thigh bruised but the knee was painful because the blood and fluid had 'gone south'. I was able to give him a lot of relief by draining about 15 ml of bloody fluid from his knee joint.

Ice works by constricting the blood vessels (vasoconstriction). This slows down the rate of bleeding. There is immediate pain relief. This is good as it allows time to get to other necessary treatment, such as rest, compression and immobilisation. Of these, I think the most important thing is a good elastic compression bandage.

Heat has a role after a couple of days when all the bleeding has stopped. It can help relieve pain that is due to muscle spasm by helping to relax the muscles. Heat can also increase circulation and therefore oxygen supply to the injured area.

Beware that pain can be a good thing and if we use ice and then exercise, we might just be injuring ourselves more. The other problem is that ice may just delay the bleeding and inflammatory process. When

the ice wears off, the blood flow returns to the damaged region with a vengeance.

What are the most common training injuries you see and how do you treat them?

The most common training injuries that I see are anterior knee pain (chondromalacea patellae), shin splints and ankle sprains.

The first two are overuse injuries and the basis of treatment is prevention, specifically avoidance of high-impact activities such as running and skipping. It is essential to modify exercise and change to low-impact aerobic activity such as working rounds on the bags, bike and cross training and exercise in water, especially

Beware that pain can be a good thing and if we use ice and then exercise, we might just be injuring ourselves more.

shadow sparring in water. I have found several layers of elastic Tubigrip really good when I had shin splints and wanted to keep training. An anti-inflammatory medication such as Anaprox relieves the pain rapidly. Glucosamine sulphate is good for the long-term treatment of chondromalacea.

With serious ankle injuries, I like to immobilise in a CAM walker, which is like a ski boot. This stops further tearing of the ligament and prevents you ending up with a chronically loose ligament, which would lead to recurrent injuries. I also think that balance exercises are very important in the rehab of ankle injuries after you come out of the boot. For martial artists, I like to use balance exercises such as standing on the injured leg and keeping the guard up to lift the centre of balance while doing slow repetitive roundhouse or side kicks with the good leg. When this gets too easy, you make it harder by standing on a jigsaw mat or cushion.



What causes cramping and muscle spasms?

There are several factors that cause cramps. When I was a football club doctor we did an experiment which involved taking blood from players, who were cramping on the field, while they were still cramping. We found in every case the player was severely dehydrated. I believe that drinking lots of water is the key to preventing cramps. Magnesium deficiency may also contribute to cramps.

Cramps often occur in a muscle that is 'tight' because of pain or discomfort. This can be due to a previous injury that has not yet healed properly. This is often the case with calf muscle strains. The pain or tightness can be due to referred pain, such as sciatica, which is pain that runs down into the hamstring from a pinched nerve in the back.

Is there anything you can do to help sore ribs? What is the best way to treat them?

I often have fighters coming in with chest soreness. They often come in a few days after the injury. It is really common that they can't remember exactly when the blow landed. In most cases the cause of the pain is a broken rib. The fighter is often surprised to hear that they have a fracture and they were hoping that it was a muscle strain.

Cramps often occur in a muscle that is 'tight' because of pain or discomfort. This can be due to a previous injury that has not yet healed properly.

The classic feature of a rib fracture rather than a muscle strain are that a rib fracture often does not hurt initially and the pain peaks at about two-to-three days later. The pain is often worst at night when rolling over in bed. Running is very painful. The pain reduces dramatically at about 17 days post injury. X-rays often do not show rib fractures so I usually do not order them. The key to treatment is often to help with a training program that allows the fighter to stay fit while the rib is healing and to plan when they can get back to sparring and competition. There is no specific treatment for rib fractures. Taping does not work. The rib is nearly as good as new after three months. Occasionally for big fights, I inject local anesthetic around the rib, but this is not without risks. **IK**

**DR PETER LEWIS**

Dr Lewis is internationally recognised as a medical authority in the martial arts field. He has also been studying and teaching martial arts for almost 40 years.

Dr Lewis is best known as a ringside physician. He is often seen on televised shows in many countries. He has worked in 28 cities internationally, 22 of these on world title standard events. He has performed every ringside role, including doctor, referee, judge, rules co ordinator, timekeeper, commentator, ringside announcer, matchmaker, trainer, cornerman, cutsman and has competed in karate, taekwondo and kung fu. He has had the pleasure and honour of looking after some of the most important fights and fighters in history.

Dr Lewis is also well known as an international lecturer and writer on martial arts medicine. He has consulted at ReCreation Medical Centre for almost 30 years.

He has also has a clinic at Malvern Martial Arts, which is especially for martial artists. Dr Lewis works with a team including a nurse, physio, chiro, podiatrist, psychologist, exercise physiologist, dietitian and masseurs who all have extensive experience in martial arts.

Contact info@malvernhealthandfitness.com.au



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COACHES EYE

BY STEPHEN WALTON

Six secrets to building warriors

Coaching warriors for the ring or even on the battlefield has been my passion for the last 20 years and I have been fortunate to learn from some of the best coaches around the world. I have spent many years teaching defensive tactics to police instructors, coaching competitive fighters for championship bouts, and instructing military personnel on close-quarter combatives.

During my journey as a coach I have identified six key concepts, which I believe create the best learning environment.

- 1. Clear Goals**
- 2. Psychology of Combat**
- 3. Training**
- 4. Conditioning**
- 5. Play**
- 6. Stages of Skill Acquisition**

1 Clear Goals

Why is someone training? Is it for fitness, street defence or competitive aspirations? If we don't have a goal in mind then why are we training and how can we reach the destination if we don't know where we are going?

As coaches we need to know why each student is at our gym. We can then guide and advise them which training approach best suits them.

Train for goals in mind!

Positive reinforcement from the coach when a student performs a technique correctly or improves will help them to make better connections in the mind when recalling it.

2 Psychology of Combat

Whether competing in the ring or defending yourself against an attacker on the street, students need to be educated on the psychology involved in combat.


We should teach how they may feel and how their body will react in a

confrontation. Knowledge is power, and this is definitely the case when faced with an attacker or opponent who is trying to hurt you.

If you have never been in a violent confrontation it is hard to imagine how you will feel or react.

Give your students the knowledge to prepare them for a violent altercation.

I remember teaching a control-and-restraint course with a security company. A number of doormen were taking part and during a Q&A session I explained the natural bodily reactions everyone feels when faced with a confrontation. I told them that I often felt scared before an altercation or ring fight. One of the guys, clearly a little shocked at this confession, looked up and



"Perfection is not attainable, but if we chase perfection we can catch excellence."

—Vince Lombardi.

down the line of doormen and then sheepishly put his hand up and said, "Yeah, I get scared sometimes."

Almost immediately, as if they were taking turns, everyone started admitting their fears when working on the door and dealing with violent people. All the participants felt a massive relief from knowing everyone had the same fears. Everyone feels it so you need to teach it.

3 Training

This is where we learn our basic skill set by practicing movements through shadow boxing, using equipment or working with training partners to learn techniques.

Teaching through physical demonstrations, plus explanations of how a technique is performed will help students make connections about why

and how a certain movement would be used at a certain time.

Drills performed at slow and faster speeds will help the student establish the body mechanics needed to incorporate a particular technique into their arsenal and help it become a more natural movement.

I will often tell my students not to strive for a 'perfect' technique, which is impossible to achieve. Strive for progression not perfection and try to improve 1 per cent every day until you are efficient at that movement

4 Conditioning

Conditioning of these skills until they are performed instinctively under increased pressure is essential.

Movements need to be used instinctively as a response to stimuli but this conditioning requires placing the technique in unfamiliar situations. Rewiring the brain to react to often stressful stimuli can be difficult, but is vital in the combat arts.

If we condition ourselves to pull a punch before we make contact in our martial arts training then why would we expect a different result when we try to defend ourselves in a real-life situation.

5 Play

Play is one of the most important principles of coaching. By incorporating games with intensity, students can practice the skills they have learned. This often results in a very relaxed and natural way for the students to move.

Every individual is different in their shape, size, way of thinking and way of moving so we need to let our students express themselves once they have learned the skill at a conscious level.

What works well for you may not necessarily work well for someone else, so each martial artist needs to find their own flare and individual style to perform the movements they have mastered. This can be achieved through play.

6 Stages of Skill Acquisition

The acquisition of new techniques and motor skills typically occurs in three stages.

The first stage is characterised by a high degree of cognition and consciousness activating several regions of the cerebral cortex.

In this early stage the development of this new motor skill (martial arts technique) is highly correlated with the quality of instructions given both verbally and procedurally by the coach. Before the movement is attempted, the cerebral cortex analyses the movement, determines the movement goal and decides upon the best movement strategy to achieve that goal by formulating a series of muscle commands.

This early phase relies on feedback from our sensory systems and the cerebellum, which monitors the movement both during and at its end point, sending corrective commands to the cerebrum.

With practice of this new skill or technique a transition occurs from consciousness to automatic control and increased proficiency, accuracy and speed develop.

The movement is refined, co-ordination between limbs improves and adaptation to the environment ensues.

Adjustments are still occurring via feedback from the cerebellum to the motor regions of the cerebrum, however to a lesser degree.

The autonomous stage is the final stage of motor skill acquisition. The movement sequence has been coded in to long-term motor memory and demands less cognition and sensory feedback.

The movement now shows stability allowing the performance of the skill to be less influenced by internal and external disruption, as it is a learned movement pattern.

Skill at this level is executed fluidly and instinctively through sparring, for example.

By utilising these six concepts of coaching we can structure our students training and help them reach their potential. **IK**

Stephen Walton

- Owner of martial arts and fitness centre
- Trainer to the police force/ military/security firms
- Former pro Muay Thai fighter and British squad member / MMA champion / taekwondo gold medallist
- Self defence & personal safety speaker
- Level 1 boxing coach
- Muay Thai coach
- Pro defence Krav Maga instructor
- Qualified personal trainer

CLINCH WORK FOR MMA SPINNING ELBOW TO DOUBLE LEG

BY THE RESNEKOV BROTHERS
// VT1 MARTIAL ARTS ACADEMY

Met the Resnekov brothers — owners of VT1 Academy, coaches of two UFC fighters, world travellers, and creators of the CORE MMA program. Dylan is a striking specialist, winning the World Muay Thai Championships in 2009, and amassing over 30 trips to Thailand, Holland and the USA in a quest to master his craft. Liam is a Gracie jiu-jitsu Black-belt and former professional MMA fighter who, like his brother, has spent the last 15 years making 20+ trips to Japan, Brazil and the USA to build his knowledge. Both now retired from competition, they split their time between training, coaching their students, fighters and affiliates and evolving their CORE MMA program.



THE TECHNIQUE

This sequence is part of the Wall systems from CORE MMA. The sequence is a hybrid of Muay Thai, jiu-jitsu, wrestling, which is what makes MMA so much fun.

This strategy is best used close to the bell in order to minimise risk of the opponent taking your back. After closing the distance, Dylan prevents his opponent stalling by controlling his bicep. His opponent, usually, will think Dylan is going to strike him with his left hand, but instead Dylan steps across with his right foot and drops his right arm, faking the single leg. He delivers a surprise spinning elbow. Although this looks fancy, it's actually very easy to perform and devastating when it lands.

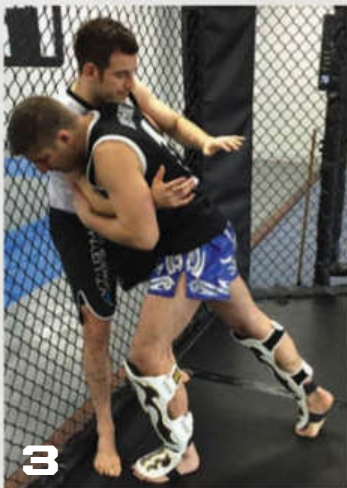
Check out the online video to see some unique MMA strategy additions to the sequence.



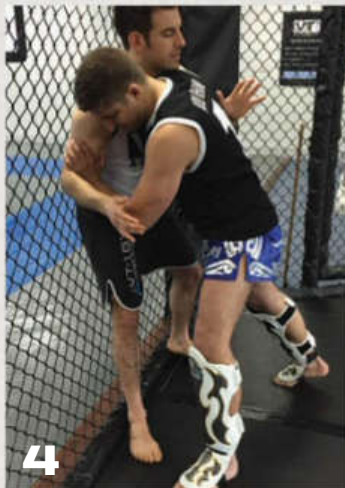
They face off at mid-range.



Dylan throws a straight down the pipe to create connection with his opponent.



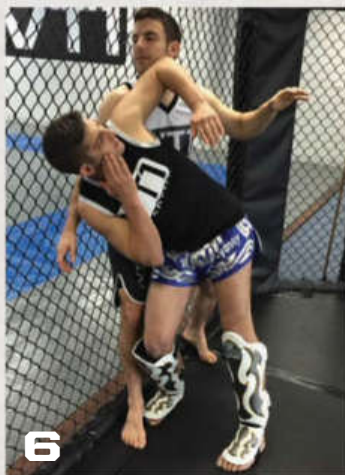
3 He enters into the 50/50 position.



4 He fights for the bicep control in order to make some space to move.



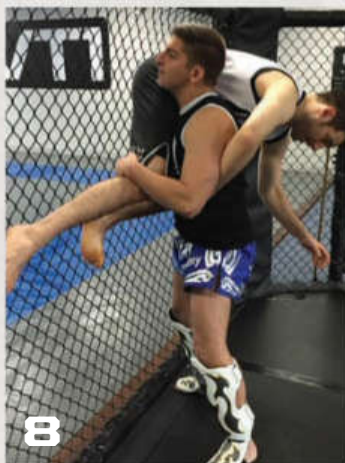
5 His left foot steps back and he drops his right arm down, as if reaching for a single leg.



6 He steps across with his right leg and rotates his head, landing the spinning left elbow on Liam's jaw.



7 Before his opponent can react, he unwinds and reaches his right hand to the far leg to stop his back being taken.



8 He hoists his opponent into the air using his legs for power and the crowd cheers.

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It all kicked off on Saturday 22 August, when Greece's Alexandros Milos came to Melbourne to take on Maseh Nuristani. With a head full of problems plaguing him leading up to the fight, Milos showed true character in battle, so we caught up with the champion to find out more...

BY DARREN BAUER
// PHOTOS BY WILLIAM LUU

NAME:

Alexandros Milos

NICKNAME:

Mysterious

AGE:

20

GYM:

Rama Camp - Kru Theodoulou

RECORD:

23 Wins 3 Losses 0 KOs

TITLES:

Two times Greek Champion Muay Thai, 8-man Tournament Winner, 3rd place in European Championship in Bulgaria World Muay Thai Federation

POWERPLAY

27

THE FIGHTER:

Alexandros Milos

For Australians that aren't familiar with you, please introduce yourself and tell us a bit about your background.

My name is Alexandros Milos; I was born and raised in Athens, Greece, I'm 20 years old and I live in Athens with my sister Vasso and my mother Joanna. I train at Rama Camp — a Muay Thai camp — with my Kru Kostas Theodoulou. I started at a young age and my Kru was, and still is, the reason I chose Muay Thai. He taught me not only to be a good fighter but also to be a good person. He taught me the essence of Muay Thai, which is respect for myself and for others. He supported me in all possible ways and I will always be grateful to him.

How did you get into kickboxing?

I started to fight in K-1 rules, two years ago at Versus 8-men Tournament, because it's more widespread and more popular than Muay Thai — especially in Greece.

How long have you been fighting?

I started training when I was 14 years old and my first fight was 6 months later. Since then it's been a while and I just keep going.

What are some of the most significant fights you've had?

The most significant fights were; the Versus 8-men Tournament with three wins — two were K.O's. And the other

one was the fight I had in Australia at the other side of the world at Powerplay Promotions.

Do you know any fighters from Australia?

Stan 'The Man' Longinidis and John Wayne Parr.

How did you get the opportunity to come to Australia?

The connecting link between my Kru Theodoulou, me and Australia was Nasos Argiropoulos. He was the one that arranged the fight and the opportunity to participate at Powerplay Promotions.

What did you think of Powerplay Promotions?

Joe Nader's Powerplay Promotions 27 was excellent, very organized and I'm glad I had the chance to participate and travel to another continent. They took very good care of us, the Greek mission, and I thank them for their hospitality.

What do you think about the level of kickboxing in Australia?

They have high level athletes and events but most of all they have meritocracy that it's hard to find in Greece.

What did you think of your opponent?

Masseh Nuristani was a strong opponent. He was tough but showed me that he has also a good character and he has my respect.

How do you think the fight went?

The fight rolled as we planned. We did our game with our strategy and above all we enjoyed it.

There were many hard circumstances for you leading up to this recent fight, tell us about that.

Two days before I start the trip to Australia it was my father's funeral. I had to overcome this sudden and shocking event, with all the strength I had, to give my all in the fight that was planned one week later.

Nasos Argiropoulos was my corner for this fight because my Kru Theodoulou could not make it, because his wife was giving birth. Nasos supported me psychologically and prepared my mind for the fight. Also Stan 'The Man' Longinidis and his wife Maria supported me as much as they could. And last, but not least, George Petridis — friend of coach Nasos Argiropoulos — did whatever was possible to help us all the days we stayed in Australia. I thank them all — we won this fight together.

Will you be back in Australia soon?

I don't know yet, nothing is for sure. I hope I will.

What else do you have planned for the future?

Good and tough work — the best is yet to come!



THE SHOW:

F11 – 78kg K-1 Kickboxing Rules **Maseh Nuristani (Ultimate Hoppers Crossing)**

vs. Alexandros Milos (Greece)

The main event was a war featuring Nuristani, who we don't get to see too often these days, versus Greek champ Alexandros Milos. The first round got off tentatively, Nuristani tried to get some early bombs in and some knees, but it was way too early to tell the effects. Milos had some nice combos while Nuristani planted some slick body rips — they sounded great. Milos stuck to short techniques that were accurate and he rarely missed, but he put little power in at that stage, obviously taking his time.

Second round, Nuristani planted a straight cross right on the button. He unloaded in the neutral corner, but Milos was still okay, though — he didn't show otherwise. Milos unloaded a big leg kick but it hit Nuristani in the groin — a common problem fighting southpaws. Milos quickly resumed the action after a short break but Nuristani made him pay with leg kicks. Milos tried for another head kick but Nuristani evaded and punished him again with another straight cross. Milos was still a little off with his low kicks, causing another groin shot break, but his high kick accuracy was coming around.

Third round, Nuristani dropped Milos, but he was warned for some

reason. The fight became a bit of a slugfest; Milos was really rising to the occasion with a well-timed head punch — he looked rather meticulous. Nuristani was doing fine, but Milos was calm and rarely missed.

Fourth round and Milos started it off with another head kick, but Nuristani just smiled — Milos was once again picking his shots, nothing was wasted. He made Nuristani slip and there was no eight count. Both guys were hitting pretty heavy by then; it was an even round but the obvious difference was Nuristani didn't pick his shots like Milos does.

Last round, Alex stalked and landed a big cross right in Nuristani's own corner. Milos was still trying for that big finisher head kick, but just couldn't land them right. It was a very even fight right to the end. The scores were read out and after 15 minutes of fighting, it was close like everyone suspected, but the UPD was still in Milos' favour — just! Stay tuned for a rematch.

F10 – 64kg Full Thai Rules **Ramesh Habib (Fighters Xpress)** **vs. Joey Baylon (ETK NZ)**

The match was always going to be interesting — a similar weight but totally different heights and fight styles. First round and both were off to a slow start; Habib was definitely trying for the long-range techniques, where he excelled. Baylon tried to outkick Habib but the range worked against him. Baylon was only more successful when he closed with punches.

Second round and Habib was sticking with long-range push kicks, keeping Baylon at bay and easily frustrating him — a long leg kick somehow hit Baylon's groin. Once again Baylon wanted to get in close but Habib coolly kept him where he wanted him. Habib landed a big head kick that cracked and even though it landed right on a raised glove guarding, the glove still hit Baylon's cheek with force.

THINGS GOT A LITTLE SCRAPPY, BUT FOITHONG REVERTED BACK TO HIS BIG ROUNDHOUSE KICKS

Third round and Habib just kept the distance, no hurry for him. Baylon closed the gap at last but couldn't land any defining shot. He found his range, but it always became a counter battle. Habib did a slick jump push kick to the face in the neutral corner and Baylon received an eight count for it and was not really 100 per cent after it — TKO win to Habib.

F9 – 71kg K-1 Kickboxing Rules **Hussein Al Mansouri (Fighters Xpress)** **vs. Franz Sanchez (Full Force NSW)**

This five-round fight was even for the whole 10 minutes. Round one saw Mansouri more adept at dropping crisp leg kicks in while Sanchez was more content with step-up knees. Mansouri

definitely seemed to hit harder, but Sanchez's body never showed any sign of this.

Second round and both guys had the same work rate; neither was really trying for that one surprise technique that could swing it — both stuck to tried-and-tested combos. Neither was concerned with defence — both had realised that their opponent was in for the long haul.

The third round saw Mansouri pick it up; his punches had more intensity and the sound from them was convincing. Sanchez was starting to fade a little and Mansouri realised he needed space and scored better from afar — when they were close they matched each other.

Fourth round and Mansouri was putting combos together nicely, all levels, really trying to get through the armour. Sanchez was countering, rarely initiating. Both guys were putting a lot into their techniques and were toe to toe, with little variation in style or technique — you could almost call it attrition. Mansouri responded quickly when his corner yells for a push kick and it worked well. Sanchez offered his glove upon resuming the action, but Mansouri dropped a big punch in — it's hard to say who was in the wrong in that instance.

Fifth round and it appeared close still, but actually Mansouri was superior when he had some distance. His corner were yelling for just that, they didn't want to revert to toe-to-toe, punch-for-punch again. Mansouri was still trying to sneak the spinning back kick in but it was too close again.

The bout ended but neither was tired, they actually looked like they could easily do another punishing round — testament to both guys and their gyms. Final decision UPD to Mansouri.

F8 – 63kg K-1 Kickboxing Rules

**Robert Minniti (Powerplay) vs.
Chakkaphat 'Baby Buakaw' Foithong
(Nukzu, QLD)**

This was a five-round war with crowd favourite Minniti getting off to a great start with big punch combos looking for the quick win. Foithong sensed this and was trying to grapple — not exactly legal under these rules. Minniti was looking sharp and well prepared and did not look his age, staying the aggressor for the whole round and evaded any dangerous kicks coming his way. Any of Foithong's kicks that found their mark had a sharp slap sound, which could be heard by everyone.

Second round and Minniti was waiting and trying to counter more. He started to catch kicks and was warned for holding. Foithong's kicks were hard like before but just not often enough.

Third round and Minniti rattled Foithong. He chased him but just couldn't pull it together. He eventually tied him up and swept. Not long after Foithong push kicked right to the face. Minniti did something he felt bad about, maybe a head clash, and showed good sportsmanship after the bell — Foithong walked back checking his head.

Fourth round and Foithong was warned for the two-hand grab, which he can't help. Things got a little scrappy, but Foithong reverted back to his big roundhouse kicks. Minniti seemed a bit more desperate, Foithong was starting the action now and Minniti was countering nicely, often pounding him given the chance.

Last round and Minniti started off well again, seeing the end. His combinations were coming from everywhere and it looked like he could do another couple of rounds! When Foithong missed, Minniti pursued him, making him regret it. The final 30 seconds of the 10-minute bout saw Minniti after him, sealing the win by UPD.



F7 – 72kg Full Thai Rules**Brett McCluskey (Barbarians)
vs. Leon Godsmark (ETK NZ)**

This fight lived up to the hype. McCluskey is one of the exciting things going around, and he did not disappoint. The round started off with both throwing hard kicks and, in fact, the kicks and punches were about even.

McCluskey decided to turn it up a notch when he realised he could cut the fight short and not waste the round with 'feeling out'. The first eight count followed not long after. McCluskey sensed the swing of the fight and kept going forward, like he usually would later in any other bout — Godsmark not fazing him at all.

Second round and McCluskey was going to town; Godsmark was not getting into this fight and was really starting to suffer. McCluskey got to elbow him after Godsmark tried a spinning technique and received another eight count. McCluskey followed this by doing whatever he wanted to. Godsmark's timing was out and his defence was gone and the referee called it off — TKO win to McCluskey.

**F6 – 68kg Full Thai Rules****Orhan Nuredin (XLR8)
vs. Rich Parkes (Southside)**

Once again we had opponents where one had double the fight record, but as it turned out they were evenly matched. Nuredin got off to a great start, very strong and composed. Parkes was too relaxed and was dumped a few times this round — Nuredin had a low waist grab and controlled the grapple. That is until the end of the round, where Parkes somehow managed to dump Nuredin through the ropes!

Second round started and Parkes managed to give Nuredin an eight count for a soft technique; Nuredin was visibly peeved but didn't complain. Nuredin dumped Parkes nicely right into his own corner. Not long after that he dropped him again with a switch sweep, a technique you don't see too often.

Third round, both guys preferred to kick. Nuredin managed to fall down after one of his own kicks. He switched back to a low-level grapple and seemed dominant, but both were looking tired by now and the round ended with some rather scrappy grappling around the ring. Final decision was majority points to Parkes.

F5 – 56kg Full Thai Rules**Tristan Papadopoulos (Powerplay)
vs. Carl Snell (Sor.Nak Dee)**

This fight was going to be a war. Whoever faces Papadopoulos is in for a challenge and Snell was ready for that challenge, but was under attack after the bell with big high head kicks thrown by Papadopoulos. Snell moved forward, trying to pressure and avoid the high kicks and grabbed on to grapple, but both fell down awkwardly.

Not long after that, Papadopoulos dropped Snell with a short punch, resulting in an eight count. Papadopoulos launched another high kick and it connected with the neck, but Snell was too desperate to avenge the eight count to realise. Snell got his own back with a spinning backfist that came out of nowhere and connected, but then Papadopoulos was the unfazed one. Snell ended the round with a cut under his right eyebrow.

Second round and Papadopoulos was even more fired up than the first — if that was possible. Snell was trying to match him but it still seemed one sided. Papadopoulos sliced at the same area where the blood seeped from. Snell had

nothing to lose so he pursued the grapple and both were trying to slip the sneaky elbow in — the round ended pretty even.

Third round and Papadopoulos was content with long-range techniques. Snell was obviously more desperate and was trying to latch on. In his pursuit he dropped an elbow to the back of the head. He also somehow elbowed Papadopoulos as he fell through the ropes. This round Snell knew if he kept the pressure on and dominated the grapple he had a chance. But the end result was Papadopoulos, who obviously won the first two rounds, by UPD.

F4 – 56kg Full Thai Rules**Timmy Tse (Ultimate Hoppers Crossing)
vs. Fatih Abbz Kaya (Resilience)**

This was going to be an interesting match as Tse had twice the number of fights as Kaya, but Kaya had been quite active this year. Tse started off the round well with punches and leg kicks. Kaya was slow to get going and Tse kept up this work rate. Kaya was waiting for that one big opportunity for a hard counter, but it rarely came and Tse was working all the levels and angles, outpointing him for that round.

Round two and Tse got off to an active start again; Kaya got his chance and latched on, then dumped Tse. Kaya was once again keen to wait and was rewarded again, ending with another dump to the canvas. Kaya's counter fighter style suited Tse fine — he was still mixing up the levels with kicks and head punches. Tse landed a nice elbow to the neck, but was once again grabbed and dumped with Kaya dropping onto him.

Last round and Tse stuck to his successful leg kicks and head punches, and then another spinning elbow — it landed, but once again did not rattle Kaya. Kaya appeared to hip throw Tse, the grapple was getting sloppy. Tse maintained his work rate while Kaya ramped up his effort but it seemed too late. He finished strong but it was Tse who got the SPD win.

F3 – 67kg K-1 Kickboxing Rules **Jacob O'Connor (Young Bulls)** **vs. Nicholas Ambrus (XFC)**

O'Connor started off with leg kicks but Ambrus was close enough to land a great hook. O'Connor stuck to kicks and fired in a body kick and then spun and landed his first head-high heel kick — a devastating technique if you can land it right. Ambrus received his first eight count.

After that O'Connor got another spinning kick in, this time to the abs. O'Connor's confidence grew and he managed a step-up knee and then decided on pressure. He ended the round with yet another heel kick that landed perfectly. The crowd loved it and

it was definitely a rare technique to see.

The second round started and Ambrus was more aggressive — his corner had said some wise words to him during the break. Both boys were about even when punching, so O'Connor landed another spinning back kick to the abs to tip the balance, then another well-timed heel kick, which resulted in another eight count. When the action resumed O'Connor was all over him again, sensing pressure was the best solution. The ref agreed and called it off as Ambrus was not defending himself — his gloves were too low to protect against those accurate heel kicks.

F2 – 61kg Full Thai Rules **Josh Stoffels (Barbarians)** **vs. Yahya Hosseini (Westside)**

Stoffels got off to a good start with accurate punches. Hosseini had a reach and height advantage and preferred the grapple, also landing a nice elbow in the neutral corner. Stoffels added leg kicks too and they landed cleanly. When he kicked higher Hosseini was ready

to catch them and once just missed kneeing Stoffels in the face. The round ended with both guys about even in terms of kicking.

Round two started off with both punching and some body kicks, then Stoffels landed a big face punch and droplets flew everywhere — the crowd echoing with the first big “ooh” of the night. Grappling was also about equal by now. Hosseini had the better reach but Stoffels's punches were more accurate. Hosseini was still able to catch Stoffels' body kicks and followed up nicely almost every time.

The third round started and both felt it was too close for comfort. Stoffels stumbled across the ring from a short technique and Hosseini pursued and tried to take Stoffels out with a kick but was holding the top rope and was cautioned by the ref. Stoffels landed another stinging face punch; Hosseini was now concentrating on kicking legs. Stoffels was relying on his punches, which had worked well for him, while Hosseini kicked freely and finished the round with a step-up knee.

UPD win to Hosseini.

F1 – 63kg Full Thai Rules **Elliot Glenister (Invictus)** **vs. Gene Elbourne (Sor.Nak Dee)**

Glenister started off well, using sharp long-range punches. Elbourne preferred to grapple though and got the chance to dump Glenister — apart from that the grapple was fairly even. All of a sudden there was confusion, Elbourne was complaining about his right glove and the ref took him to see the doctor, who called it off before the end of round one. He was experiencing pins and needles and they feared a breakage, but he turned out to be okay. Glenister won by TKO and remained undefeated.

Thanks to promoter Joe Nader for a very entertaining night, it was a classy show with some quality matches that I'm sure other promoters had wished they had nabbed. **IK**

**SNELL HAD NOTHING
TO LOSE, SO HE PURSUED
THE GRAPPLE AND BOTH
WERE TRYING TO
SLIP THE SNEAKY
ELBOW IN – THE ROUND
ENDED PRETTY EVEN.**



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THAIS DOWN UNDER III THAIS IN OUR BACKYARD

We profile some of the best Thai trainers and fighter imports living and working in Australia.

BY DARREN BAUER

RHINO PICHITCHAI

Approximate Fight Record: 200+
Australian Gym: Kao Sok Gym, Perth, WA
Owned by: Darren Curovic

Please tell us a bit of your history.

I am from the city of Nong Kwai in the northeast of Thailand. I started training and fighting Muay Thai at the age of 10. I come from a Muay Thai family; my dad and uncles are all fighters. I moved to Bangkok with my friend when I was 15. I had over 200 professional Muay Thai fights. I started teaching fighters at Sangmorakot gym when I was 20.

You have taught at a lot of places around Australia and the world; what is it about spreading the word that keeps you travelling?

I love the culture and Thai-style Muay Thai. I like to show foreigners about respect and that Muay Thai is more than

just fighting. The respect you show your opponent after the fight is important.

Can you mention one thing that happened that you were not expecting when you changed over to teaching?

I once trained a foreigner, 'Falang', that was a bit crazy and he did not listen to me and had no respect. He tried to hit me, I went crazy.

Can you name some of the local fighters you battled in the past?

Soren Monkongtong King — I won by KO — and Ben Pixie Burton.

Who are some of the more active fighters at your stable?

Danial 'Mini T' Williams, Jack 300, Sam Ballantyne, Jordan Godtfredsen, Ric Pisaneschi, Kerrianne McKay and Connor Clavey.

Do you always think you have one more fight left in you?

Yes, I want to fight more times to become champion again. Next year for sure, 60kg.

Where can we see your gym's fighters in action? Any upcoming shows they are preparing for?

Domination events, Ignition Fight Promotions, Nemesis, Battle Colossal and Origins Fight Promotions. Perth has great promotions and trainers — I love it here.



APIRAK SITMONCHAI

Fight Weight Range: 64–68kg

Approximate Fight Record: 200

Thai Gym from: Sitmonchai

Australian Gym: Corporate Box, Lutwyche, QLD

Owned by: Shaggy and Adam King

Please tell us a bit of your history.

I am from Chaiphum city. I started fighting at eight years old. I moved to Sitmonchai to fight, but I had to stop for two years while I went to the army.

What exactly are you doing at the Australian gym? Training yourself, training others, improving pro fighters, improving instructors, training to fight?

We hold pads for everyone, teaching good Thai technique.

What things do you like about Australian gyms and fighters, and also the fight scene?

Everyone loves to pump the music and dance while training.

Can you name some of the local fighters you've already battled?

Dane Daddy Kool, Beniah Douma, Matt McTavish and Mark Sarracino.

What are your favourite weapons and how do you perfect these?

All. I love to use good technique; it makes for a pretty fight.

Anything you want to say about the local fight scene?

I want my brother Apisit to fight Jamie Stamp on Corporate Punishment.

Where can we see you fight? Any upcoming matches? Anyone you'd like to fight?

I have no fights coming up, but I want fights.



TANANCHAI 'ROBOCOP'

Approximate Fight Record: Can't remember. Maybe 300?

Thai Gym from: Nakornthong Parkview, but now the gym is called Saengmorokot

Australian Gym: Bailey Fight Team, Perth, WA

Gym owned by: Adam Bailey



Please tell us a bit of history about yourself.

I was born in Buriram, Thailand. I always wanted to be a Muay Thai fighter. I started training at Sor Tongprapa when I was seven years old. This is when I met my wife, actually; she is the daughter of my first teacher and it is funny that after so many years knowing each other, we became husband and wife.

I had my first fight after only a few months' training. I lost but I was paid 80 baht (\$2.60), so I was hooked on fighting. With my share of my winnings I bought my first pair of running shoes, because up until then I was running four kms per day in thongs! I was about 13 when I started to make headlines in the local paper and my trainer got in touch with Jartui (now the promoter of Thai Fight and Max Muay Thai) in Bangkok. They did a deal where if I went to live and fight in Bangkok my trainer in Buriram would get a commission from my fights in Bangkok. I was at Saeng Morokot for the next 13 years.

How old is Adam's gym? What motivated him to open it?

Bailey Fitness is the home to Bailey Fight Team. Adam opened the first gym in 2010 and the second in 2012. There is a new gym being built now that will open next year. Adam is involved in many businesses and is the executive director of Muaythai Australia, so I think he just loves business. The gyms are great and there is well over 6000 members!

Who were some of your hardest fights in your career?

The hard thing about Thailand is that if you have a really close, tough fight, there is always a rematch. In my case I fought some very good fighters; sometimes up to seven times!

The hardest opponent I ever faced was Watcharachai, who was a superstar in Thailand from the Kaewsamrit gym. He was the Rajadamnern champion and always on the cover of the magazines. I

was very happy to beat him. One of the most draining fights I ever had was at Lumpinee stadium, because I didn't know I was even fighting until one hour before the show. It was mid-week, so I had run 10 km in the morning and trained twice that day. I finished up with 60 mins of clinching and had a shower. I went to eat with the rest of the fighters and they told me I was fighting; I thought they were joking...they weren't. There was a pull-out, so I got my shorts and fought and had a good win.

My most memorable opponent was Eakkasit Sitkliengklai after our fourth fight — two wins each — we had a beer together afterwards. We knew there would be a rematch because the fight was very close. We agreed not to elbow each other because we had cut each other quite badly in previous matches. In round three I knocked him down with a head kick and he was dazed and I thought 'stuff it' and finished him off with a big elbow that cut him pretty badly. There was nearly another fight in the change rooms afterward.

Can you name some of the local fighters you already battled in the past?

I have fought many people outside of Thailand but when I came to Australia there was not a lot of people wanting to fight with me. I beat Jason Scerri and a few Cambodian fighters. It's not like nowadays where a lot of people don't mind fighting Thais.

Who are some of the more active fighters at your stable?

We have a lot of active fighters in our stable; the main ones are:

Theresa Carter, Brendon Harris, Bryan Harris, Parviz Iskenderov, Kyle Bilson, Walter Lara and Adam Bailey — who has retired 50 times now but keeps coming back!

What do you think has to happen to help the sport progress?

When I was growing up in Thailand there was pretty much only Rajdamnern and Lumpinee Stadium. Everyone here is a champion. If there is one champion, there will be credibility. If the title fight have the best fighters and public knows that winning a title is hard, sponsors will come.

Where can we see your gym's fighters in action? Any upcoming shows they are preparing for?

There is a lot happening in the gym at the moment. We have multiple fighters competing nearly every weekend somewhere around Australia. The big ones coming up are: Brendon Harris will be competing in Barcelona; Walter Lara is training for IFMA World Junior Championships in Bangkok; Kyle Bilson will fight at Lumpinee in August; Adam Bailey has had his rematch with Bruce Macfie for the WKA World Title moved to November, so he has a match on a big show at Lumpinee Stadium also. Apart from that we have a fighter on every local show here in Perth for the rest of the year as well as fighters in Adelaide and Sydney. **IK**

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Toby Smith, Sam-A and Max

Bangkok-based newshound ROB COX reports on the latest news and fights from the home of Muay Thai.



Toby Smith vs Action Dechadimsumpattaya

TOBY SMITH BACK IN THE SPOTLIGHT

Toby Smith put himself back in the limelight on 8 August with a decisive win live on TV on the Max Muay Thai promotion. Toby's opponent, Action Dechadimsumpattaya, was a strong young prospect and managed to open a couple of cuts on Toby's forehead with some sharp elbows. Toby kept up a relentless pace throughout the fight and by the third round Action was a long

way behind and had run out of gas. Toby dominated the last round of a thrilling, memorable fight to take the decision. With his own gym now in Bangkok and talk of several potential big fights in the stadiums, it looks like Toby is back where he belongs.

MAX 4-MAN TOURNAMENTS

Max Muay Thai's reputation has been growing and growing with big crowds packing out

the stadium every Sunday for their live TV broadcasts. The 4-man tournaments have continued with the third 62kg tournament and the fourth and final 70kg tournament to decide the last fighter to go through to the Ultimate 4-man later in the year.

The 62kg 4-man was held on 2 August and featured fighters from Thailand, Spain, France and Russia. The first semifinal saw Kengsiam Nor Sripung take on Andres Martinez of

Spain. Andres held his own in the opening round, but in round two walked into a solid elbow from Kengsiam that saw him go down for the count.

The second semifinal saw Dima Windysport face Brian Denis of France. Dima had impressed on previous fights on Max and started as favourite, but couldn't find his rhythm on the night. Brian outscored Dima with sharp kicks and some fast punches to go through to the final.

The final saw Kengsiam face Brian and the young French fighter struggled to find the same rhythm as in his previous fight against the more experienced and technically sharper Thai. Kengsiam controlled the fight throughout, outscoring Brian with sharp kicks and knees to take a clear win at the end.

The fourth 70kg 4-man this year, to decide the final contender for the Ultimate 4-man in November, was held on 6 September and featured fighters from Thailand, Madagascar, Brazil and China.

The opening bout saw Thai contender Noppakrit Kor Kampanart take on young Chinese fighter Yang Yu Long. Yang wasn't intimidated by Noppakrit and took the fight to him with some aggressive punch attacks and some solid kicks. Noppakrit, a former Ratchadamnern and Channel 7 champion, was a bit too sharp and experienced and picked off Yang with sharp body kicks and some strong clinch and knees to go through to the final.

Max Muay Thai has slowly developed a strong reputation for exciting fights and the second semifinal between Johane Beausejour of Madagascar and Jose Neto of Brazil went beyond expectations in possibly the most exciting fight since Max was formed. Both attacked each other from the opening bell with Johane opening up with some flashy elbows and kicks, and Jose more aggressive and coming forward with some hard knees and elbows.

In round two Johane came out fast and immediately dropped Jose for an eight-count with a hard elbow that also opened a nasty cut above Jose's left eye. Johane went in for the kill, but Jose somehow recovered and came back even stronger, chasing Johane around the ring, opening up with some furious barrages of elbows and knees.



Jose Neto of Brazil wins the belt

In the final round Johane tried to get forward at the start, but Jose was relentless again in his attacks and Johane soon gassed badly and Jose capped a remarkable comeback with the decision win and moved forward to face Noppakrit in the final.

Noppakrit started the final as favourite, with Jose coming into the fight with a big cut above his left eye. Noppakrit's best weight, though, would probably be a division below and Jose showed incredible stamina after the hard semifinal to outwork Noppakrit with knees and kicks to take the decision.

Also on the card was young Australian prospect Kurtis Staiti, who put on another impressive performance to beat Petchaiya Sitphupantuu on points. Kurtis dominated the first two rounds with some aggressive knee attacks and solid punches and kicks. He faded a little in the final round, coming into the fight on the back of winning the silver medal in the recent IFMA Championships, but had already done enough to take a clear win. This win saw Kurtis added to the final 62kg 4-man next month.



Noppakrit vs Jose



Panpayak vs Superlek

SAM-A BACK IN TOYOTA MARATHON WIN

Sam-A Gaiyanghaadao got back to winning ways after his heartbreaking KO loss to Panpayak Jitmuangnon with a strong showing to win the latest Toyota 8-man Marathon tournament, which saw four Thai fighters and four foreign boxers do battle. The tournament was held in Hat Yai in Southern Thailand on 14 August. Sam-A stopped Spanish boxer Andres Arturo in the third round of his opening fight with a hard low kick. In the semifinal, Sam-A beat his compatriot Thomas Sor Chaijaroen on points and took another comfortable points win in the final against Petsongkhom Sitjaroensap.

TWO NEW TOURNAMENTS GET UNDERWAY AT LUMPINEE

Lumpinee Stadium announced the start of two new tournaments in August. The first one, the eighth Thaipraganchiwit tournament, and the second one, a new tournament put together by one of the stadium's main sponsors, R Airlines. The Thaipraganchiwit tournament has seen several of its contestants go on to become big names, with the R Airlines tournament hoped to follow in the same vein.

LUMPINEE CHAMPIONS KRIEKKRAI

The third instalment of this year's four Lumpinee champions Kriekkrui shows was held on 4 September, with the fight card put together by Kiatpet promotions.

Ronachai Santiubon faced Petrung Sitsonong with Ronachai having to give Petrung a two-pound weight advantage at the morning weigh-in. This had little effect

on the fight, though, with Ronachai looking too sharp and outscoring Petrung with heavy left body kicks to take a comfortable win.

Watcharapon PKSaenchaiMuay Thai gym faced Khunharnlek Kiatjaroenchai for the vacant Lumpinee Flyweight title. Watcharapon shook up Khunharnlek a couple of times with some solid punches, but Khunharnlek held the advantage in height and outscored Watcharapon with knees in a close fight to take the belt.

Jomhod Eminent air faced Saknarinnoi Or Uansuwan and Jomhod went to work straight away, attacking Saknarinnoi's legs with some sharp, low kicks and opening up with hard punches. Saknarinnoi never got into the fight and in the third, a fierce salvo of punches from Jomhod sent him down to the canvas, where he was counted out.

Kengklar Por Pekko defended his Lumpinee Super-flyweight title against Purnkon Leknakhonsri. Purnkon pushed Kengklar throughout, attacking him with some sharp, long knees and trying to wear him down in the clinch. Kengklar was always one step ahead, though, and managed to cut Purnkon in the third with a sharp elbow, which made things harder for Purnkon. By the final round, Kengklar was comfortably ahead and with a minute left in the fight, Purnkon touched gloves, conceding defeat.

Rotlek Jaotalaythong faced Pokaew Fonjangchonburi, with a two million baht side bet between the camps riding on the outcome. The action was intense throughout, with both trading solid punches, knees and elbows. Towards the end of the fourth, Pokaew's age caught up with him as the younger Rotlek opened up with a relentless barrage of shots that had Pokaew gas up badly.



Toby Smith

ONES TO WATCH



Sakpet Fighter Muay Thai exploded into the spotlight recently on the back of nine straight KO wins. The young up-and-comer from Ubon Ratchathani started out as Sakpet Kiatpatarapan before attracting several prospective sponsors with his impressive run of wins. He attempted to make it 10 KOs in a row in his last

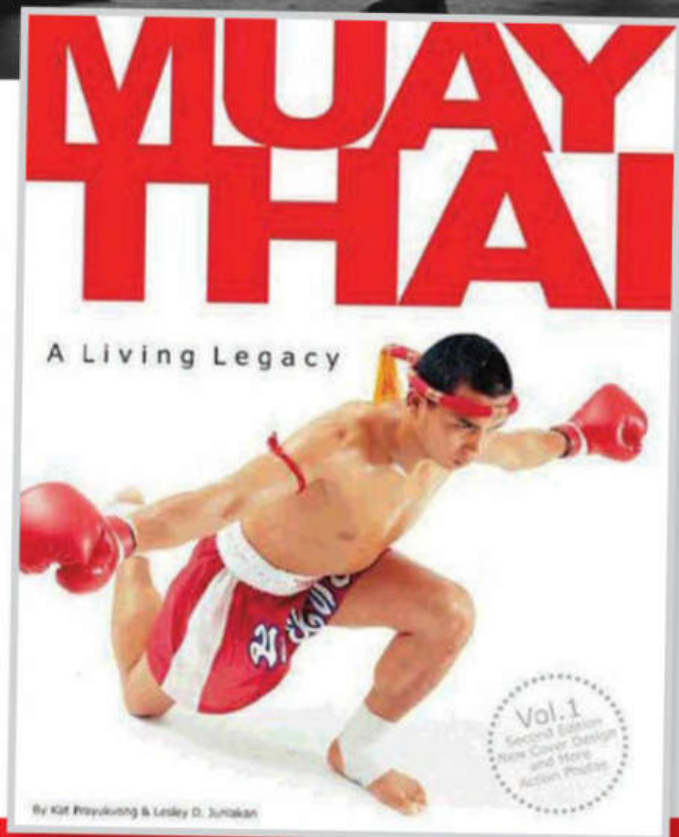
fight against the experienced Petboonsong Petjinda, but the KO never came this time. The fight, though, was one of the fights of the year so far at Ratchadamnern, with Sakpet looking like he was about to drop in the fourth after a barrage of knees from Petboonsong. But Sakpet came back with some vicious elbows and kicks to take the decision and has become one of the most talked-about fighters on the current scene.



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Pokaew tried to come back in the final round, but being in his mid-thirties now and competing at the top for many years, there just wasn't enough left in the tank and Rotlek went on to take the win.

Yodpanomrung

Jitmuangnon took on Chujaroen Darpransarakham for the vacant Lumpinee Lightweight title. The action was close throughout, with both trading sharp kicks and strong knees in some exciting exchanges. Chujaroen just edged ahead in the final round and took a close decision win at the end.

The main event saw Sangmanee Sor Tienpho take on Muangthai Por Lakboon. This was another thrilling, close matchup with Muangthai pushing forward relentlessly and attacking Sangmanee throughout with solid knees and elbows. Sangmanee was a bit too clever for Muangthai and managed to soak up all of his attacks and outscore him with sharp left kicks to take the points win.

WANMITCHAI PROMOTIONS A HIT WITH THE FANS

On 9 September, Wanmitchai promotions combined with Petwiset promotions to bring a strong card to Ratchadamnern stadium in a big charity event.

Wanchai Kiatmoo 9 faced rising star Archana Petyindeeacademy. Wanchai struggled a little early on with the height of Archana, but his determination and strength in the clinch saw him pull the fight back

close by the fourth round. In the final round both were reluctant to attack much for fear of getting caught by a big counter shot that could cost them the fight. At the end the judges couldn't separate them, scoring the fight a draw.

Singdam Kiatmoo 9 looked to try and avenge a recent KO defeat against Manasak Sorjorlekmuangnon. Manasak was too tall and strong for Singdam, though, picking him off with heavy, long knees throughout. Singdam ran out of steam by the fourth round and Manasak took a clear decision win at the end.

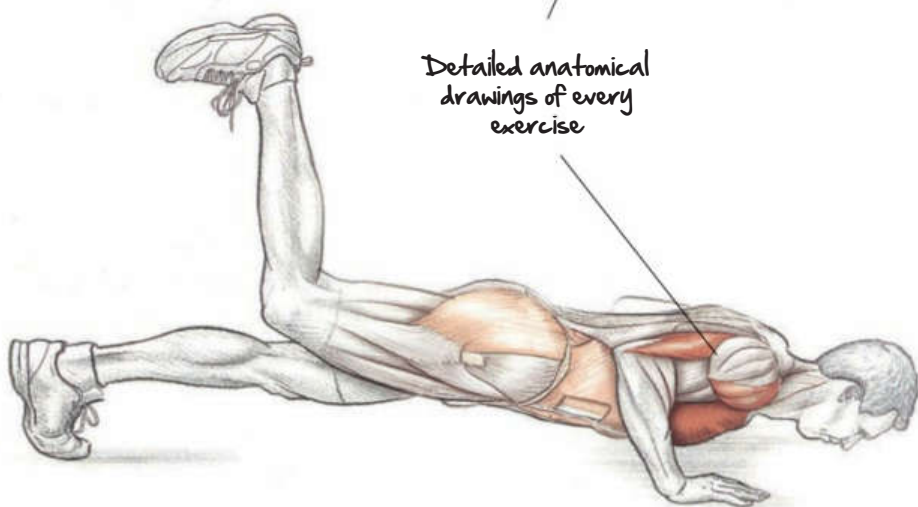
Panpayak Jitmuangnon faced Superlek Mor Ratonabandit in a mouth-watering matchup between two young stars who had not previously met in the ring. Superlek was the aggressor throughout, pushing forward and working over Panpayak in the clinch with some solid knees. Panpayak fired back throughout with sharp southpaw left body kicks. At the end it was too close to call again and the judges scored it a draw.

The main event saw Petmorakot Wor Sangprapai take on Kwankhao Mor Ratonabandit again, with both holding a win against each other going into this fight. The fight was very close again, a battle between the strong walk-forward clinch and knee style of Petmorakot and the sharp countering and solid kicks of Kwankhao. At the end the judges awarded the work rate and aggression of Petmorakot, giving him the decision win. **IK**



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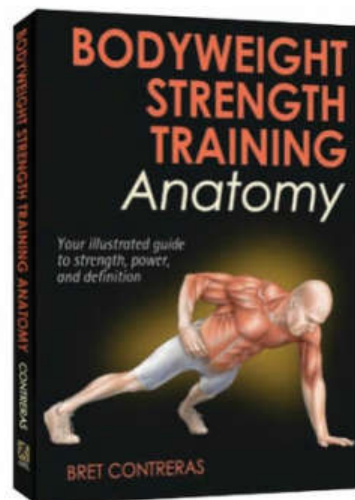
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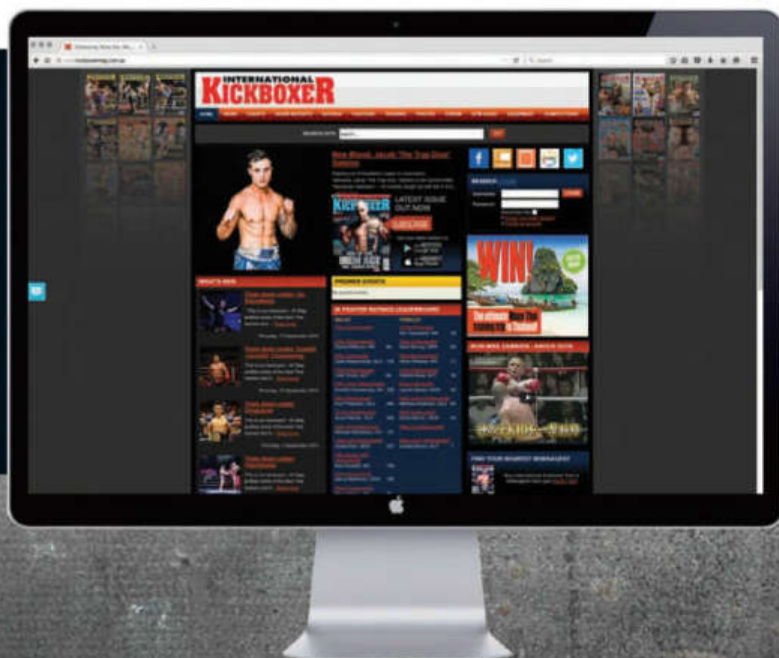
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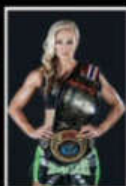


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IK RANKINGS

MALE

55KG BANTAMWEIGHT

1	Daniel Williams	WA
2	Timmy Tse	VIC
3	Zac Einersen	WA
4	Tristan Papadopoulos	VIC
5	Fatih Kaya	VIC

57KG FEATHERWEIGHT

1	Josh Tonna	ACT
2	Cain Brunton	VIC
3	Todd Greenaway	QLD
4	Matt Seden	QLD
5	Alex Amoroso	WA
6	Trent Wright	QLD
7	Carl Snell	VIC

60KG LIGHTWEIGHT

1	Dane Beauchamp	QLD
2	Roy Wills	WA
3	Joe Concha	NSW
4	Matt McTavish	QLD
5	Ghot Seur Noi	QLD
6	Ben Sandejas	NSW
7	Jackson Moorhouse	WA
8	Rav Sidhu	SA
9	Brandon Spain	QLD
10	Jordan Godtfredson	WA
11	Liam McNeill	VIC
12	Kayne Young	NSW
13	Tyler Hardcastle	WA
14	AJ Brunton	VIC
15	George Worswick	WA
16	Gary Cairns	WA
17	Peter Cai	QLD
18	Chris Nguyen	VIC
19	Yvejac NTG	QLD
20	Tony McDonagh	WA
21	Aidan Wright	QLD
22	Ryan Mead	WA
23	Tim Mitchell	WA
24	Marko Orlovic	VIC

63KG JNR WELTERWEIGHT

1	Mark Sarracino	QLD
2	Michael Thompson	QLD
3	Beniah Douma	QLD
4	Mitchell Seth	WA
5	Alexi Petroulias	VIC
6	Kurtis Staiti	QLD
7	Mat Cashmore	NSW
8	Erik Miskle	VIC
9	Ramesh Habib	VIC
10	Richard Fanous	VIC
11	Matt Bune	QLD
12	Hamody Najjar	NSW
13	Yann Sandie	VIC
14	Moulay Bekkali	VIC
15	Beau St Quentin	WA
16	Lloyd Dean	WA
17	Fareed Habibeh	NSW
18	James Bertolami	WA
19	Lee Fook	ACT
20	Blake Edwards	NSW
21	Brendan Durosielle	WA
22	Jesse March	NSW
23	Luen O'Connor	VIC
24	Indigo Boyd	VIC
25	Terry Kounsavat	NSW
26	Yann Troubat	WA
27	Nathan Carroll	VIC
28	Sean Knotley	NSW
29	Quan Trinh	VIC
30	Riley McLoughlin	QLD
31	Keiren Green	WA
32	Daniel Rivet	NSW
33	River Daz	VIC

66KG WELTERWEIGHT

1	Kurt Finlayson	QLD
2	Ben Burrage	NSW
3	Taylor Harvey	QLD
4	Glen Purvis	NSW
5	Elliot Compton	QLD
6	Jamie Stamp	QLD

7	Chadd Collins	QLD
8	Jake Moulden	QLD
9	Bevan O'Malley	QLD
10	Myles Simpson	SA
11	Ben Mahoney	QLD
12	Chris Daniell	WA
13	Andrew Webb	NSW
14	Nathan Robson	NSW
15	Anthony Foy	QLD
16	Blaine Molony	NSW
17	Ben Lane	QLD
18	Brent Dames	VIC
19	Steven Baldacchino	VIC
20	Matthew Smith	QLD
21	Barrie Oliver	WA
22	Liam Woodhouse	WA
23	Glen Barrett	NSW
24	James Jose Rowland	WA
25	Mitchell Brisbane	NSW
26	Luke Romancuks	SA
27	Jordan Fielding	SA

68KG JNR MIDDLEWEIGHT

1	Michael Demetriou	VIC
2	Millad Farzad	WA
3	Kym Johnson	SA
4	Yoshi Ueda	QLD
5	Rhyse Saliba	NSW
6	Jimmy Urwin	QLD
7	Lex Hanegraaf	SA
8	Simon Coutsouvelis	VIC
9	Phil Tyquin	NSW
10	Luis Regis	NSW
11	Gary Patterson	NSW
12	Pat Richards	VIC
13	Hussein Al Mansouri	VIC
14	Franz Sanchez	NSW
15	Alex Job	WA
16	Ben White	VIC
17	Lindon Wotton	NSW
18	Chris Watt	WA
19	Jacob Richards	QLD
20	Orhan Nuredin	VIC
21	Ryan McDonald	QLD
22	Richard Tom	VIC
23	Cameron Webb	NSW
24	Michael Henson	SA
25	Ric Pisaneschi	WA

72.5KG MIDDLEWEIGHT

1	Bruce MacFie	QLD
2	Wayne Parr	QLD
3	Frank Giorgi	QLD
4	Steve Moxon	VIC
5	Toby Smith	WA
6	Marco Tentori	WA
7	Dane Sky	QLD
8	Tass Tsitsiras	VIC
9	Jake Lund	QLD
10	Jamie Lunghitano	WA
11	Daniel Barber	NSW
12	Dinesh Kanth	VIC
13	Charlie Bubb	NSW
14	Chase Haley	VIC
15	Roberto Serola	QLD
16	Kosta Masmanidis	SA
17	Jake Gathercole	VIC
18	Jun Lee	QLD
19	Tom Harvey	NSW





20	Hayden Lyon	SA
21	Khan Deatta	WA
22	Cody Barnwell	NSW
23	Alex Ilijoski	VIC
24	Brock McRobb	VIC
25	Brady Paull	WA
26	Bentley Shefford	VIC
27	Evarard Augustine	NT
28	Scott Wilson	NSW
29	Kalon Milne	NSW
30	Dyllan Olsen	WA
31	Brett McCluskey	VIC
32	Simon Martinelli	WA
33	John McKenna	VIC
34	Daniel Soeurream	VIC
35	Matt Webb	QLD
36	Martinho Tchong	NT
37	Michael Krul	VIC
38	Paddy Ryan	WA

76KG SUPER MIDDLEWEIGHT

1	Daniel Smyrk	VIC
2	Chris Johnson	NSW
3	Kim Olsen	WA
4	Michael Badato	NSW
5	Maseh Nuristani	VIC
6	Tim Atonio	VIC
7	Nick Barnes	QLD
8	Mark Lucchiari	QLD
9	Nicholas Trask	QLD
10	Michael Wiktora	WA
11	Samuel Ballantyne	WA
12	Jason Altmann	SA
13	Mark Gittins	NSW
14	Micka Taylor	QLD
15	Sebastian Holmes	NSW
16	Junior Zakarija	NSW
17	Martin Kristoffersen	QLD
18	Ryan Barry	VIC
19	Sandi Markis	VIC
20	Jacob Gelston	TAS
21	Fred Howe	TAS

79KG LIGHT HEAVYWEIGHT

1	Daniel Kerr	NSW
2	Brad Traynor	QLD
3	Areta Gilbert	VIC
4	Trent Hansen	NT
5	Les Clarke Jnr	VIC
6	David Pennimpede	NSW
7	Tom Boyle	SA
8	Daniel NTG	QLD
9	Tom Gathercole	VIC
10	Mark Roberts	WA

83KG SUPER LIGHT HEAVYWEIGHT

1	Rob Powdrill	WA
2	Charles August	SA
3	Daniel Way	VIC
4	Andrew Castle	NT
5	Will Shortland	WA
6	Ben Johnson	QLD
7	Mark Job	WA
8	Nick Clarke	NSW

86KG CRUISERWEIGHT

1	Steve Behan	SA
2	Simon Maait	NSW
3	Nick Rundle	TAS
4	Jono Almond	VIC
5	Scott Vezina	VIC
6	Kyle Webb	VIC
7	Matthew Routley	SA

95KG HEAVYWEIGHT

1	Steve McKinnon	NSW
2	Haysem Abdallah	VIC
3	Ray Dimachki	VIC
4	Milos Rastovic	NSW
5	Leon Valusaga	QLD
6	Jarrold Coughtrie	NSW
7	Benny Hart	WA

95KG+ SUPER HEAVYWEIGHT

1	Paul Slowinski	SA
2	Peter Graham	NSW
3	Ben Edwards	ACT
4	Andre Meunier	VIC
5	Hamad Alloush	VIC
6	Dan Roberts	NSW
7	Milos Ninkovic	NSW

FEMALE

50.5KG FLYWEIGHT

1	Kim Townsend	WA
2	Kristan Armstrong	NT
3	Kaitlyn Vance	WA
4	Jessica Yount	NSW

53KG JOCKEYWEIGHT

1	Serin Murray	NSW
2	Natasha Sky	QLD
3	Carol Earl	NSW
4	Kimberley Law	QLD
5	Christina Jurjevic	NSW
6	Sarah Rankin	QLD
7	Tali Silbermann	VIC
8	Jenny Lau	NSW
9	Sylvia Schiavoni	VIC
10	Lorryn Williams	QLD
11	Courtney Fox	NSW
12	Natalie Edwards	VIC
13	Connie Pavlakis	NSW
14	Jodie Palozzi	NSW
15	Whitney Tuna	WA

55KG BANTAMWEIGHT

1	Alicia Pestana	WA
2	Narelle Leahey	QLD
3	Jen Cavanagh	QLD
4	Abby Nelson	WA
5	Sam Brown	QLD
6	Emma Graham	WA
7	Claire Foreman	VIC
8	Yolanda Schmidt	NSW
9	Nicola Callander	WA
10	Kerianne McKay	WA

57KG FEATHERWEIGHT

1	Sandra Brew	ACT
2	Evie Nicolopoulos	WA

60KG LIGHTWEIGHT

1	Leonie Macks	NSW
2	Melina Yung	QLD
3	Sarah Lange	WA
4	Alana Neal	WA
5	Kim-Alina Baldacchino	VIC
6	Mei Ngo	VIC
7	Pia Salgado	ACT

63KG JUNIOR WELTERWEIGHT

1	Melissa Anderson	QLD
2	Claire Baxter	QLD
3	Tara James	ACT
4	Mel Perry	ACT

66KG WELTERWEIGHT

1	Sindy Maricic	NSW
2	Chiqua Lovini-Jorgensen	QLD
3	Carleigh Crawford	WA
4	Leanne Reid	NSW
5	Stephanie Glew	WA
6	Stephanie Zakarija	NSW
7	Amelia Moore	ACT

About the Official International Kickboxer fighter ratings:

At its discretion *International Kickboxer* qualifies fights from national organisations that are deemed to have both the incentive and reputation for signing top-level fighters for their cards. A fighter must have numerous fights to qualify to be ranked. The ratings are compiled independently and without influence from any sanctioning body. While the utmost effort is made to include all top fighters, we cannot please everybody — we urge trainers and promoters to submit fighter records and updated results as they happen to ikratings@blitzmag.com.au or the official *IK* forum at www.kickboxermag.com.au. Furthermore, the final rankings are made at the sole discretion of *International Kickboxer* magazine.

Sam Bailly

PHOTO BY CHARLIE SURIANO

Where did you grow up?

I have grown up in Brisbane my whole life.

Apart from modelling, do you have another day job?

I usually work in an office doing accounts or office management, but I am currently not working and studying accounting.

Do you know anything about fight sports?

A little bit.

What do you look for in a guy?

I look for someone that is genuine and kind and that can make me laugh!

What are some words to live by?

Do what makes your soul happy.

Tell us what you do to keep fit and in good shape?

I work out in the gym with three ab and core classes and three-to-five weight sessions a week with my partner. My weekends are full of outdoor exercise like playing golf, going for bush walks and anything else to get me out in the sunshine! I also eat a very healthy and balanced diet but when I do want something a bit naughty, I just let myself have it. It is all about moderation and I do not believe in depriving yourself.

What is your one weakness?

I can't say no to cookie dough.

What's one surprising thing that most people wouldn't know about you?

I have a twin sister.

Favourite TV show?

Suits.

Favourite movie?

I love *Blue Crush*.

Favourite tunes?

I love anything by Ellie Goulding lately. **IK**

Age: 24

Height: 175cm

State: Queensland

Facebook: Sam Bailey Model

Instagram: @Sambaileymodel



UPCOMING FIGHT SCHEDULE 2015

OCTOBER

Saturday 17th	Legacy Fighting Championship 47	Live – PPV	USA	MMA
Tuesday 20th	Rebel FC: Battle Royale	Live – FREE	China	MMA
Saturday 24th	Lion Fight 25 – John Wayne Parr	Live – PPV	USA	Muay Thai
Saturday 31st	CES MMA XXXI	Live – PPV	USA	MMA

NOVEMBER

Saturday 6th	Prestige FS 1	Replay – FREE	Aus	Muay Thai
Saturday 7th	RFA 32	Live – PPV	USA	MMA
Saturday 14th	Legacy Fighting Championship 48	Live – PPV	USA	MMA
Friday 20th	Caged Muay Thai: CMT 6	Replay – FREE	Aus	Muay Thai
Saturday 21st	Lion Fight 26	Live – PPV	USA	Muay Thai
Thursday 26th	AFC 14	Replay – FREE	Aus	MMA
Thursday 26th	Powerplay 27	Replay – FREE	Aus	Muay Thai

DECEMBER

Friday 4th	Powerplay 28	Live – PPV	Aus	Muay Thai
Saturday 5th	Legacy Fighting Championship 49 (RFA vs Legacy)	Live – PPV	USA	MMA
Saturday 5th	Caged Muay Thai: CMT 7	Live – PPV	Aus	Muay Thai
Saturday 12th	RFA 33	Live – PPV	USA	MMA
Saturday 12th	AFC 15	Live – PPV	Aus	MMA

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